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# LANCERS

# MASACKSIC 2020

## Longmeadow High School

95 Grassy Gutter Road
Longmeadow, Massachusetts 01106

413 - 565 - 4220
lhs.longmeadow.k12.ma.us

# Robert O'Connell

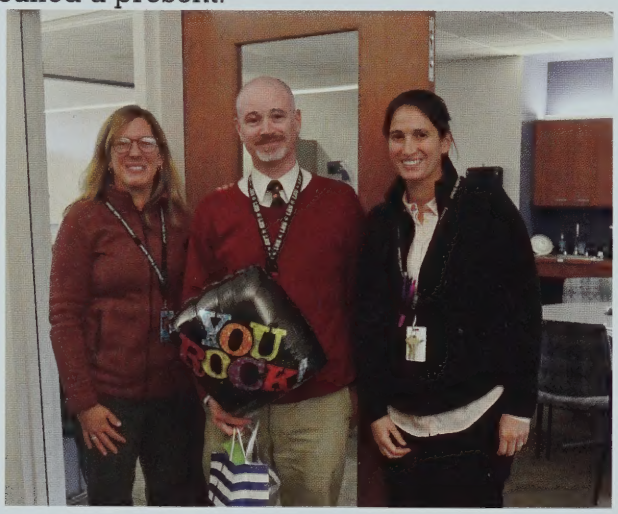
Experience: Has been teaching Math for 20 years here at LHS.

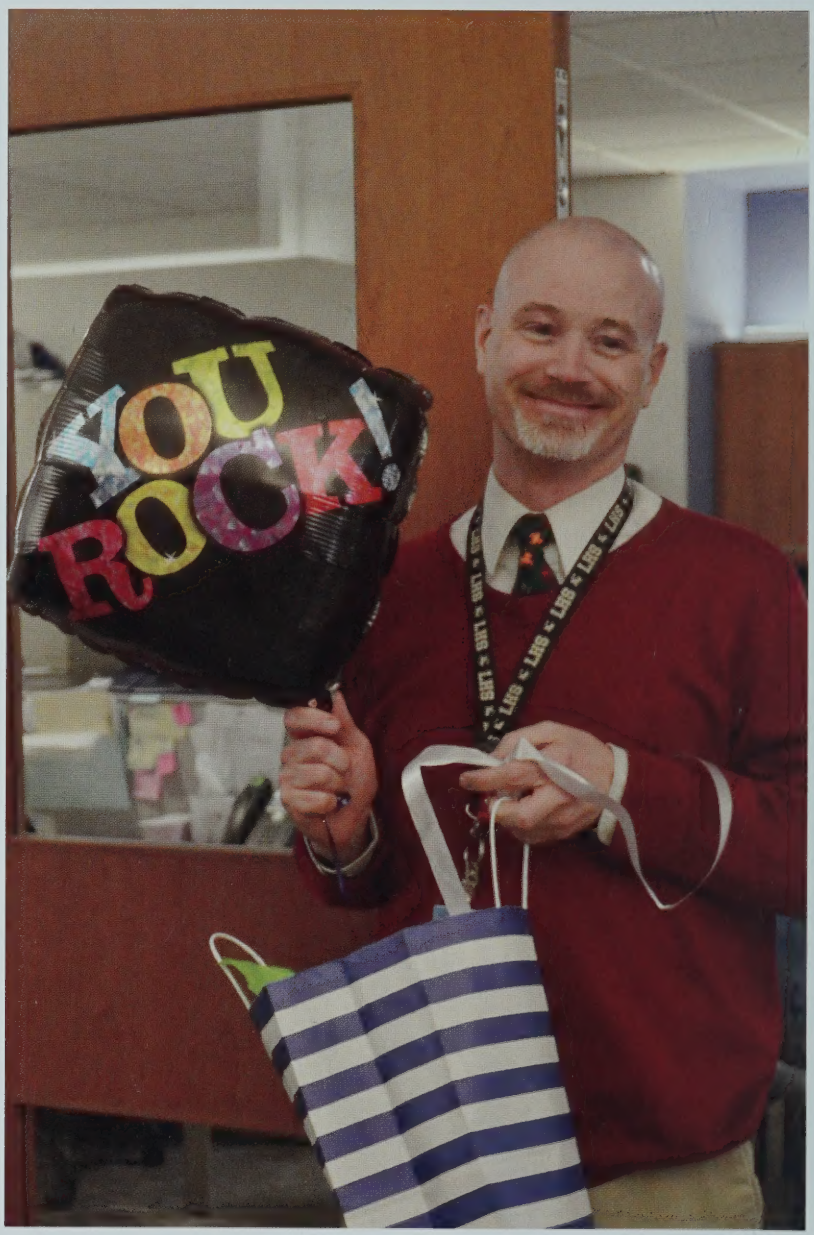
Education: B.A. College of the Holy Cross, M.S. University of Massachusetts at Amherst.

Chose to become a teacher because: He enjoys working with students.

Advice for students: "Follow your passions, but be practical."

Words to live by:
"Yesterday is history, tomorrow is a mystery, today is a gift and that is why it's called a present."

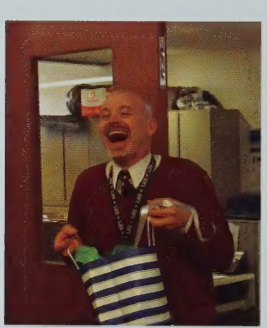


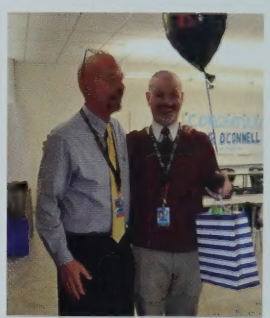




Dear Mr. O'Connell,

Thank you for your endless hours of hard work. From coming in early to staying late, there is not a moment you are not present for students. Your friendly smile can always be seen in the hallways. It is obvious that you care about the well-being of your students and peers above everything. The school would not be the same without you. There is not a day that goes by that you do not radiate the highest level of positivity. Thank you for being the most amazing teacher. You are appreciated by everyone!

Alyssa Jones Maryjane Dittmar





# Karen Locke

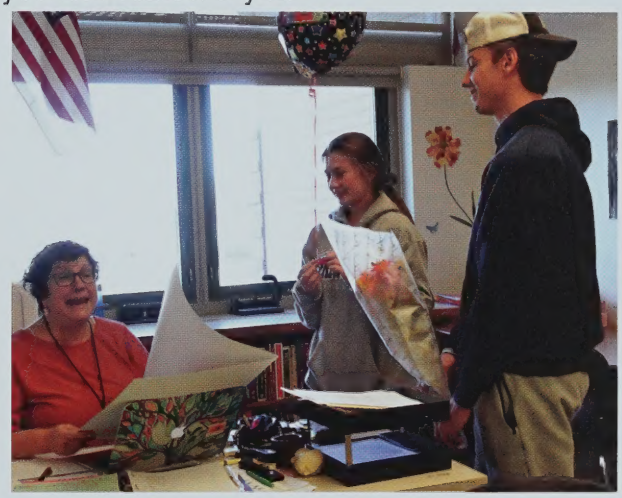
Experience: Has been teaching for 41 years, 24 of those at LHS.

Education: B.S. University of Connecticut, M.Ed and Ed.S University of South Florida.

Chose to become a teacher because: She always wanted to and is the 3rd generation in her family to do so.

Advice for students: "Believe in yourself. You can do anything if you want it and work for it."

Words to live by:
"If you don't know something, it just means you don't know it yet!"

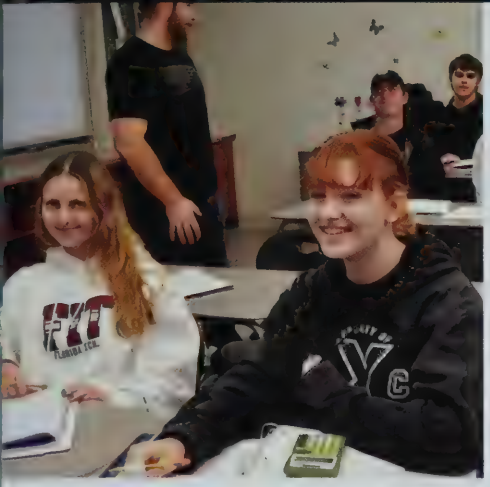


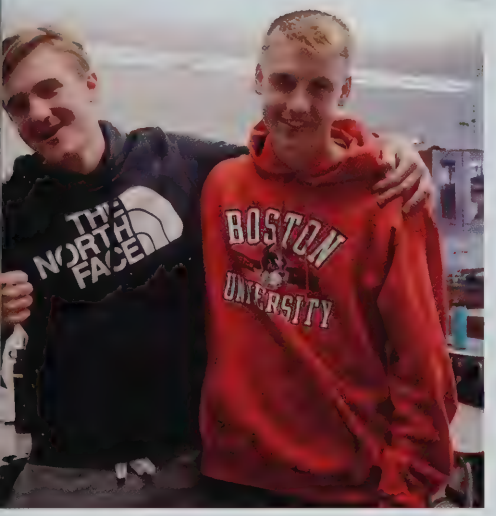
Dear Ms. Locke.

Thank you so much for all you've done for your students. Words can't explain how much you mean to us. We are so grateful to have met you and that you have been by our sides for the past four years. You have taught us to believe in ourselves and never doubt our abilities. Thank you for making your classroom our safe place to be ourselves. You have such a kind heart and you're always full of positivity. You are such an amazing teacher and friend.

Sophia D'Angelo Liam Byrne

KEVS
FOUNDATION

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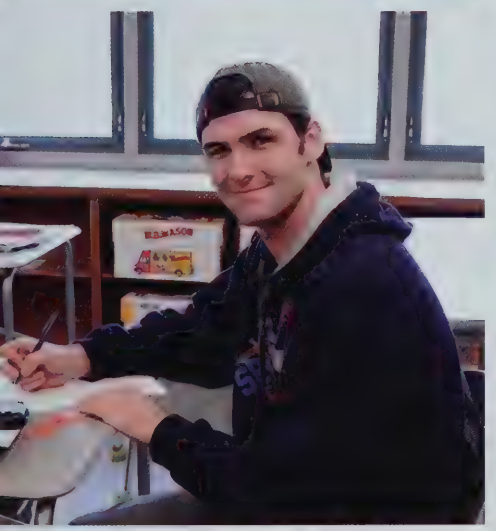
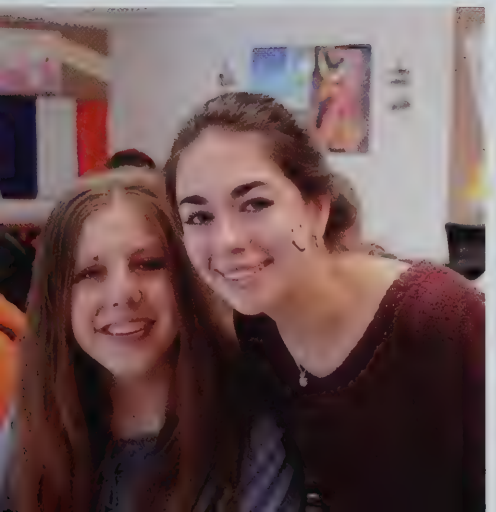
BOSTON
UNIVERSITY

NIKE





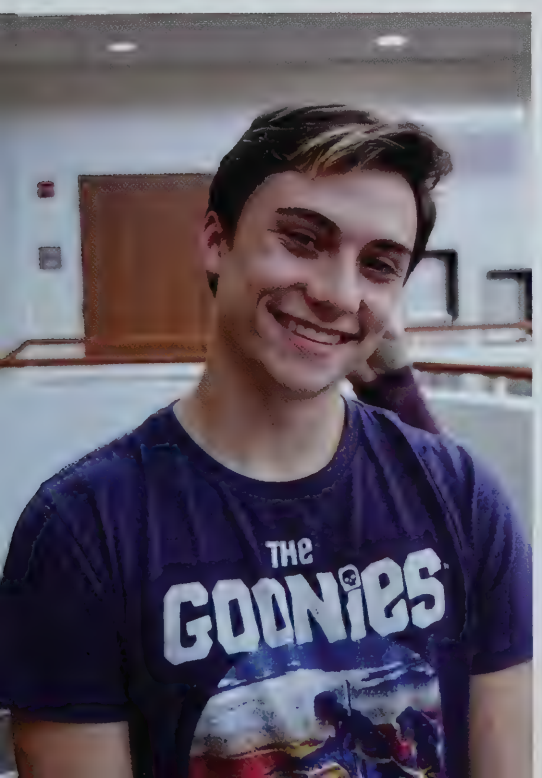
Rileys

LONGMEADOW
CROSS-COUNTRY

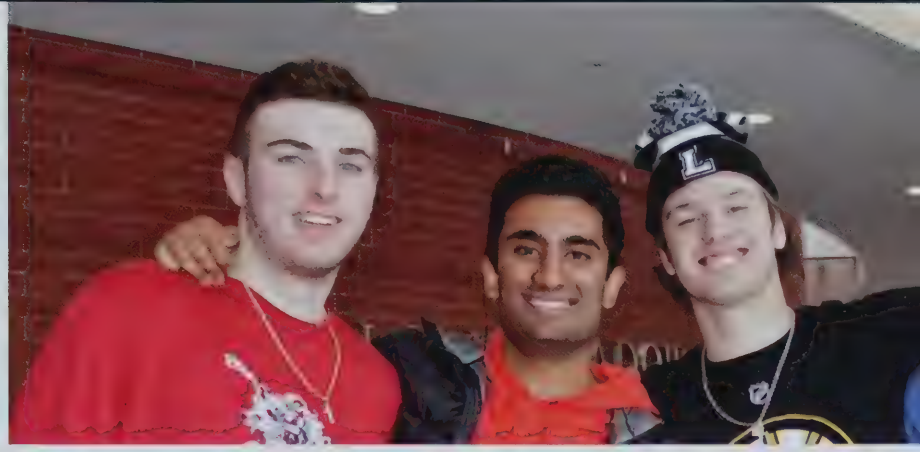
MTV
MUSIC TELEVISION

VANS

AIR FORCE


THE
GOONIES

# SENIORS 26



# 23 SENIORS

## Taqdees Ahmad

*Tuck*

Track: 10,11,12

Band: 9,10,11,12
Key Club: 10,11,12
NHS: 11,12
Cots for Kids: 11,12

"'Hi Jhanavi!' -Everyone that's ever looked at me

## William James Albano II

*Billy*

Soccer: 9,10,11,12
Indoor Track: 9,10,11,12
Track: 9,10,11,12

Key Club: 11,12

"The only easy day was yesterday." -US Navy

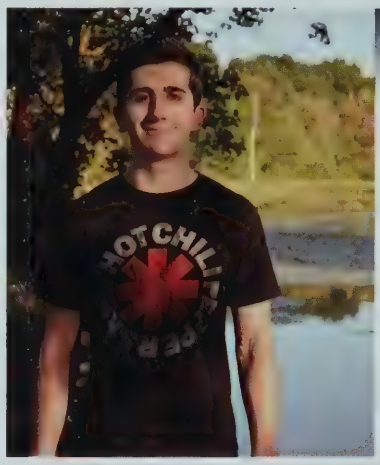
## Nathan Anderson

*Goob*

Indoor Track: 9
Lacrosse: 9,10
Ski: 10,11,12

Boys Soccer Manager: 10,11,12
Key Club: 9,10,11,12

"And I knew exactly what to do. But in a much more real sense, I had no idea what to do."
-Michael Scott



## Daniel Atassi

*Dan*

Football: 9,10
Track: 10,11
Cross Country: 11,12

Key Club: 11,12
Ultimate Frisbee: 12

"Choose not a life of imitation."
-Anthony Kiedis

## Varsha Athreya

I Cantori: 10,11,12
Accidentals: 10,11,12
Cots for Kids: 11P,12P
India Club: 9,10,11,12
Tri-M: 10,11,12
Lyrics: 10,11,12
NHS: 11T,12T

"Marsha Athena." -Autocorrect

## Maximilian Aveyard

*Gik*

Soccer: 10,11C,12

Key Club: 9,10,11,12
BPA: 11,12

"Whoever has the most fun, wins..." -Dad

## Lianna Baatz

Key Club: 10,11,12
Cots for Kids: 11,12
Best Buddies: 11,12
Photography Club: 11
Room to Read: 10,11,12
NHS: 11,12

"Lianna come take a picture of me!"

## John Baker

*Touchdown Maker*

Swimming: 9,10,11,12C
Masacksic: 12

"Good things take time —— that's why I'm always late."

"I have a better chance of winning the lottery than my students following the directions."
-K. Cuthbert-Mikalunas

## Caroline Barbieri

Soccer: 9,10,11,12C
Indoor Track: 9,10,11,12
Lacrosse: 9,10,11,12

Peer Leadership: 11
STAND: 9,10,11,12

"Mental is to physical as 4 is to 1."
-Coach Dudeck

## Samuel Barresi

*Sam*

Cross Country: 9,10,11C,12C
Swimming: 10
Track: 9,10,11,12

Robotics: 10,11,12

"I don't have to take this abuse much longer." -Jaws

## Ashley Barron

Field Hockey: 9,10,11,12C
Hockey: 9,10,11,12
Lacrosse: 9,11,12

STAND 9,10,11

"Never underestimate how clutch a bowl of cereal can be." -Wiz Khalifa

## Niko Beach

Lacrosse: 9,10,11,12
Hockey: 9,10,11,12

"If you ain't first you're least."
-Ricky Bobby

"That's boots."

## Troy Bennett

*Trazis*

"Grow fat from strength."
-Emperor Calus

"AAAAAAAAAAAAA" -Omingal
(high pitch screen)

## Lachlan Berry

Football: 9,10,11,12
Wrestling: 9,10,11,12
Track: 9,10,11,12

"Kings Stay King." -Matt Iancu

"Beeeerrrryyy, to the fence!" -ZP Dunn

## Vera Beznos

*Ronny Bez*

Track: 9,10
Volleyball: 9,10,11,12C

"Vera senior quote is going to be Mitochondria the power house of the cell."

## Caitlin Blanchette

Soccer: 9
Swimming and Diving: 9,10
Cheerleading: 11,12

Interact Club: 12
Peer Leader: 12

"I'm here for a good time, not a long time."

## Brandon Bombard

*Bombard*

Track: 9

"If you want to live a happy life, tie it to a goal, not to people or things." - Albert Einstein

"Stay away from the negative people. They have a problem for every solution." - Albert Einstein

## Michael Bonavita

Lacrosse: 9, 10, 11, 12
Hockey: 12

BPA: 12

"When something is important enough, you do it even if the odds are not in your favor." -Elon Musk

"If the plan doesn't work change the plan but never the goal."

## Aidan Bone

Soccer: 9,10,11,12
Track: 10

Key Club: 10,12
Medical Club: 9,10,11

"Your future is created by what you do today, not tomorrow." -Anonymous

## Liam R. Brackman

Cross Country: 11
Indoor Track: 11

French Club: 11,12
Interact: 11,12

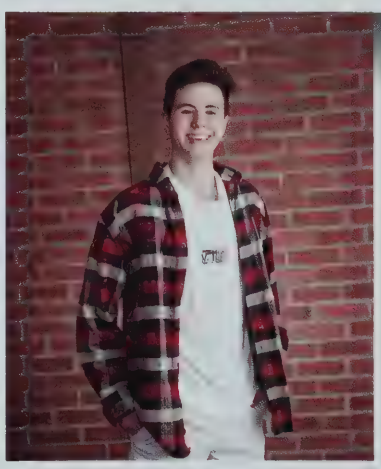
"When the times are a crucible, when the air is full of crisis, those who are the most themselves are the victims." -Gregory Maguire

## Owen Bradshaw

*Dank*

Soccer: 9C,10,11,12
Tennis: 9,10,11,12
Indoor Track: 10

Ping Pong Club: 9,10
Key Club: 9,10
Ski Club: 9



## Drew Brais

*Pops, Papa*

Hockey: 9,10,11,12

" Me and my friends raised each other, that's why we're legends." #bigcitysmalltown #bumpinthenight #JimLeahy

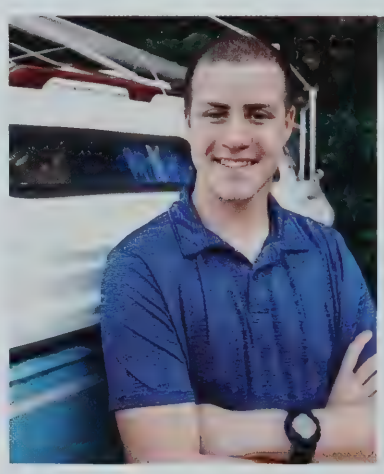
"Some call it luck, I call it dedication." -Danny Duncan

## Justin Brayton

Soccer: 9
Golf: 10,11,12C
Tennis: 9,10,11,12

Key Club: 9,10,11,12

"You know what I like more than materialistic things? Knowledge." -Tai Lopez



## Joshua Brody

Ultimate Frisbee: 9,10,11C,12C

Jazz Band: 12
Tri-M: 12

"Life isn't about feeling comfortable. Life is about bettering yourself." -Ben Shapiro

"There is no such thing as 'your truth'. There is the truth and your opinion."- Ben Shapiro

## Margaret Bruderman

*Maggie*

Art Club: 9P,10P,11P,12P
Game Club: 9
Key Club: 11,12
Science Olympiad: 12

"Compromise where you can. Where you can't, don't. Even if everyone is telling you that something wrong is something right. Even if the whole world is telling you to move, it is your duty to plant yourself like a tree, look them in the eye, and say 'No, you move." - Peggy Carter

## Caitlin Brunette

Basketball: 9
Volleyball: 9C,10C,11,12

Room to Read (founder): 10P,11P, 12P
Interact Club: 11,12
Women in Stem Club: 11
Paws Club: 11,12

"Sometimes you will never know the value of a moment until it becomes a memory." -Dr. Seuss

## Nathaniel Burt

*Burke*

Football: 9,10,11,12
Ski Team: 9,10,11,12C

Ultimate Frisbee: 9,10,11,12C
Jazz band: 9,10,11,12
Tri-M: 10,11,12

"If everyone is thinking alike, then somebody isn't thinking."
-George S. Patton

## Liam Byrne

*Buck, Byrnzie*

Hockey: 9,10,11,12C
Lacrosse: 9,10,12
Field Hockey Manager: 12

"Die with memories not dreams."
-Jasper Keys

"We are legends." #BIGCITYCHEF #MINIMAL C -unknown

## Rocco Calabrese

Red Cross Club: 9,10,11,12
Key Club: 9,10,11
NHS: 11,12

"ZZZ"

## Joe Cardaropoli

Soccer: 9C,10C,11C,12C
Basketball: 9,10,11,12C
Track: 9,10

Ultimate Frisbee: 11
Business Club: 10,11,12
Key Club: 9

"Buy one."

"Time is money." - Ben Franklin

## Julia Cardaropoli

*Jules*

Volleyball: 9,10,11,12C
Basketball: 9,10,11,12C
Track: 10,11,12

Room to Read: 12
Unity Club: 12

"Get ONE free."

## Gillian Carrington

French Club: 9,10,11,12
Art Club: 10,11,12
East Asia Club: 9,10,11
Senior Class Play Art Director

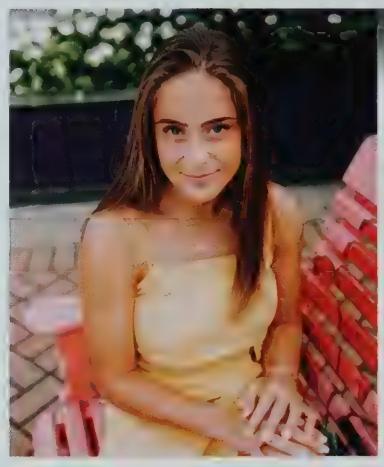
"If I ever interacted with you, I was probably manic."

## Michael Carroll

Soccer: 9,10
Hockey: 9,10C,11,12
Track: 9,10,11,12

BPA: 9, 10, 11, 12
Medical Club: 9

"Bruh Moment"



## Anna Carson

Soccer: 9,10
Basketball: 9
Indoor Track: 10

LOVE 146: 10,11,12
STAND: 10,11,12
Ultimate Frisbee: 11,12

"These are the good old days."

"Yo I heard Dunkin' throws out perfectly good donuts we should check that out."

## Tyler Case

*Ty Jack*

Football: 10,11,12C

"If I'm dead you've likely been dead for weeks."

"When I eat the food is scared of me."

## Emily Catanzaro

*Emcatz*

Key Club: 10,11,12

"Creeper...Aw man."

"In the end, you know it's just all blocks."

## Olivia Charboneau

"The only thing that is straight about me is my teeth."

## Eugena Choi

Cross Country: 9,10,11,12C
Softball: 9,10,11

PAWS Club: 10,11,12
NHS: 11,12
Jet Jotter: 9,10,11,12
Creative Writing Club: 10,11,12

"I have come to love myself for who I was, who I am, and who I hope to become." -R.M.

## Madeline Choiniere Barr

"What care I what curious eye doth quote deformities?"
- Mercutio, Romeo and Juliet

## Zachary Clayton

*Zach, Marty*

Football: 9,10,11
Wrestling: 9,10
Lacrosse: 10

Chorus: 11

"I needed a bike."

"Lemme drive da boat."

## Haleigh Cole

Volleyball: 9,10,11,12

Red Cross Club: 11,12
Room to Read: 12
Pottery Club: 9,10

"If opporunity doesn't knock, build a door."

## Noemí Colón

Cross Country: 9,12

Pottery Club: 9,10
Urban Dance Club: 11,12
Impressions: 12

"WHOOP! Get out of my life." - Noemi 11/29/18

"Wait! Wait! Wait! Let me get there!" 7/26/18

## Kelly Conway

Field Hockey: 9,10,11,12
Lacrosse: 9,10
Indoor Track: 10,11,12
Track: 11,12

Red Cross Club: 10,12
NHS: 11,12

## Emma Coogan

Volleyball: 9
Rowing: 9,10,11C,12C

Tri-M: 10,11
Red Cross Club: 12
NHS: 11,12

"There is nothing like a dream to create the future." - Victor Hugo

## Trevor Cook

*Trev*

Football: 9

"I got this."

## Emily Cooper

*Mini Coops*

Interact Club: 9,10,11,12
Yoga Club: 9,10,11,12
Heifer International Club: 9,10,11,12

"First I drink the coffee, then I do the things." - Gilmore

"Ho: This is a funny quote. Ha: This is not a funny quote. $p<0.05$"

## Madison Copland

Indoor Track: 9,10,11
Swimming: 12
Lacrosse: 9,10,11,12

Girl's Soccer Manager: 9,10,11,12
Key Club: 9,10,11,12
STAND: 9,10,11,12
Red Cross Club: 9,10,11,12
Best Buddies: 11,12
NHS: 11,12
Close Community Coalition: 11,12

## Catherine Corrigan

*Cate*

Softball: 9
Indoor Track: 10
Track: 10

Red Cross Club: 9,10,11,12
Key Club: 9
NHS: 11,12

## Chris Coughlin

*Coffee, Good lookin*

Football: 9,10,11,12

Ultimate Frisbee: 9,10,11,12C
Mock Trial: 11,12

"Sometimes there is no hidden meaning and things just are what they are."

"It really be like that sometimes."

## Olivia Courchesne

*Liv*

Indoor Track: 9
Soccer: 9,10,11C

Ultimate Frisbee: 10,11,12
Wind Ensemble: 10,11
Room to Read: 10,11,12
Cots for Kids: 10,11,12

"Hey, I'm new. Throw bread at me."

## Anna Coyle

Field Hockey: 9,10,11C
Swimming: 9,10,11,12C
Track: 10

Ultimate Frisbee: 9,11
STAND: 9,10,11,12
Key Club: 9,10,11

"Road work ahead?..."

"Rocco wake up."

## William Crews

*Crewser*

Football: 9,10,11,12
Lacrosse: 9,10,11,12

JCC B'ball: 10,11,12
Peer Leader: 11,12
NHS: 11,12

"...Uh, Yeah. I sure hope it does."

## Jillian Croteau

Hockey: 9,10,11,12

Best Buddies: 9,10,11,12

"No Jill Don't Do That." -Everyone

"My only goal in life is to avoid acting my age whenever possible." - Angela Courchesne

## Jae Cummings

Cross Country: 9,10,11,12C
Softball: 9,10
Indoor Track: 9

Ultimate Frisbee: 11,12C
French Club: 9,10,11,12
GSA: 10,11,12
East Asia Club: 9,10,11,12
Drama Club: 10,11,12
Robotics: 10,11,12

"I have weebled and I have wobbled but guess what? I did not fall down." -Gracie Glick

## Francesca D'Agostino

Soccer: 9,10,11,12C
Track: 9,10

"We don't lose."

## Sophia D'Angelo

*Soph*

"It's the oldest story in the world, one day you're seventeen and planning for someday, and then quietly without even noticing, someday is today, and that someday is yesterday and this is your life." -Nathan Scott

## Nishant D'Souza

*Nish*

Soccer: 9,10,11,12
Tennis: 9,10,11,12C

Key Club: 9,10,11,12
Class Secretary: 9,10,11,12
India Club: 9,10,11,12

"Just live the only life you know."

## Vanessa Dailey

*Sasa*

Volleyball: 9,10
Indoor Track: 10,11,12

Key Club: 9,10,11,12
Best Buddies: 10,11,12
Red Cross: 10,11,12
STAND: 12
NHS: 11,12

"5'1 but my attitude 6'3.

## Owen Dalton

Cross Country: 9,10

"I'm not trying to get political or anything, but bulldozers be bulldozin'."

## Caroline Davis

*Carol*

Volleyball: 9,10,11,12
Track and Field: 11,12

NHS:11,12
Tri-M: 11,12
Concert Band: 9,10,11,12

"Be the change that you wish to see in the world."

## William Donno Jr.

*Will*

1st Chair French Horn: 10,11,12
Ping Pong: 9,10

"People swear they are cheeseburgers, but are walking around with no cheese."

## A. J. Desarro

*Apple Juice*

Baseball: 9,10
Cross Country: 9,10,11,12
Indoor Track: 10
Volleyball: 11,12

"Anytime you have an opportunity to make a difference in this world and you don't then you are wasting your time on this Earth." -Robert Clemente

## Jake Desautels

*Jake from State Farm*

Basketball: 9
Baseball: 9,10,11

Key Club: 11,12
Ping Pong Club: 9,10,11,12

"A person should not believe in an -ism, he should believe in himself." -Francis Bueller

## Noah Desmarais

Lyrics: 10,11,12
Science Olympiad: 11,12
I Cantori: 11,12
Model UN: 11,12
Language Mentor Program: 12
Tri-M: 11,12
NHS: 12
Cots for kids: 11,12

"The best way to predict the future is to create it."
-Abraham Lincoln

## Matthew DnSouza

Cross Country: 9

Robotics: 12

"How to make something better, giant robots."

"This quote is very memorable."

## Christa Mae Diana

*Christa*

Drama Club: 9,11

"Your hair is winter fire, January embers, my heart burns there too."- Stephen King

"There is always a way for those clever enough to find it."
-Rick Riordan

## Gabriela Diaz

*Gaby*

Red Cross Club: 9,10,11,12
Key Club: 9,10

"We graduated just to have to go back to school again."

## Liv Dignazio

Drama Club: 9,10,11,12
GSA: 9,11,12

"I may be an idiot, but I'm not stupid."
-Spencer Shay, iCarly

## Madison Dion

*Didon, Madi*

Cheerleading: 10,11,12
Track: 10

"Its never too late to be what you might have been."-George Elliot

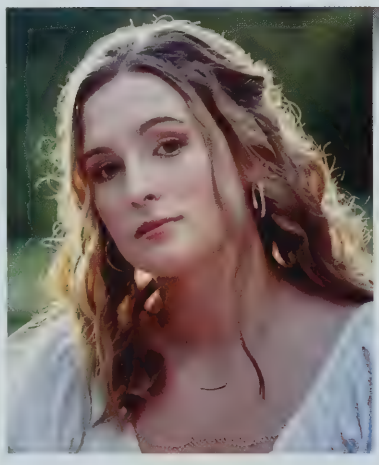
"There are no shortcuts to any place worth going."-Beverly Sills

## MaryJane Ditmar

*MJ*

Cheerleading: 9,10C,11C,12C

"Believe in what you feel inside and give your dreams the wings to fly you have everything you need if you just believe."
-The Polar Express



## Jordan DiTusa

Indoor Track: 9
Cheerleading: 10,11,12
Softball: 9,10,11

Impressions: 11,12
Jet Jotter: 11,12

"Beware; For I am fearless, and therefore powerful."
-Mary Shelley
"She wasn't looking for a knight, she was looking for a sword."
-Atticus

## Noah Dow

Tennis: 9, 10, 11, 12

Wind Ensemble: 10, 11, 12
Jazz Band: 11, 12
Lyrics: 12
I Cantori: 12
Concert Band: 12
Pit Orchestra: 9, 10, 11, 12

"Oh Noah, I was gonna use red ink too." -Beloved

"Do not keep shibanban waiting."
-Gid

## Avery Dunnisky

*Ave*

Interact Club: 10, 11, 12
Cots for Kids: 11, 12
Room to Read: 11, 12
Key Club: 9
Paws: 11, 12

"Contrary to popular belief,
I know exactly what I'm doing."
-Tony Stark

## Skyler Enam

## Noah Epstein

*Nep*

Football: 9
Outdoor Track: 9,10
Cross Country: 10

Ping-Pong Club: 10
Strength and Conditioning: 9,10

"It ain't nothin' but a rearview town"
Jason Aldean

## Jared Ezer

*Geno*

Cross Country

Ultimate Frisbee
Key Club

"You make 100% of the shots
you make."

## Aleza Falk

Soccer: 9
Lacrosse: 9
Cross Country: 10,11
Track: 10,11

Ski Team: 9,10,11,12C
School Council Representative:
9,10,11,12
Vice President of Activities: 12
NHS: 11,12

"A chocolate milk a day keeps
the doctor away."

## Miriam Felzenstein

Israeli Culture Club: 11P,12P
Interact Club: 9,10,11,12
Strength and Conditioning: 11
East Asia Club: 9
GSA: 9

"I want to be an answer to a
crossword puzzle one day, that's
when I'll know I've made it big."
-Miriam Felzenstein

## Menashe Fenster

Cross Country: 12

BPA: 10,11,12
Israeli Culture Club: 9,10,11,12

"You know what's weird? Day by
day, nothing seems to change, but
pretty soon... everything is different."-
Bill Waterson

"There is nothing impossible to him
who will try."
-Alexander the Great

## Jimmy Foard

Jimbo

Best Buddies: 9, 10, 11, 12

"Be kind to unkind people, they
need it the most."
-Oscar the Grouch

## Jacqueline Frank

*Jackie*

Lacrosse: 9
Field Hockey: 9,10,11,12C
Track: 10

STAND: 10, 11, 12
Key Club: 10

"Life's a climb, but the view's great." -Miley Cyrus

## Francis Furnolli

*Frankie*

Track: 9
Indoor Track: 10
Football: 9

Ultimate Frisbee: 10, 11,12C
NHS: 11,12
Robotics: 11,12
Key Club: 10,11,12
Language Mentor: 11,12

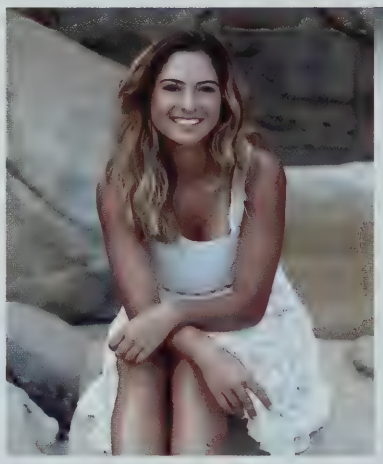
"God, you are such a nerd." -Erica
"Everything is not what it seems."

## Hallie Gallo

Tennis: 9,10,11,12C

Class Vice President: 9, 10, 11, 12
NHS Vice President: 11,12

"I am the rough draft."



## Iris Gallo

Tennis: 9,10,12

Jet Jotter: 10,12
NHS: 9,10,12

"I am the final draft."

## Juliana Gandelli

*Gandelli*

Horseback Riding: 9,10,11,12
Pottery Club: 9,10,11,12
Best Buddies: 9,10,11,12

"Everyone said to Vincent Van Gogh, 'You can't be a great painter. You only have one ear.' And you know what he said? 'I can't hear you.'" -Steve Carell

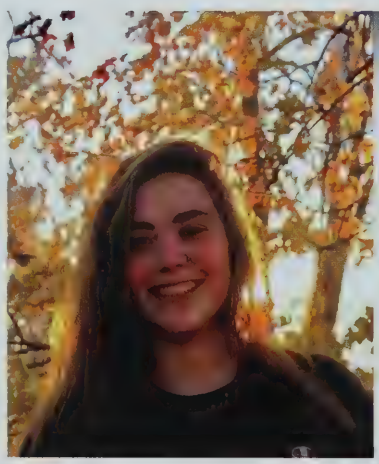
"Moral of the story is: I have no clue what I'm doing and it's not a bad thing." -Julien Solomita

## Lanelle Garcia

Volleyball: 9,10,11,12

Accidentals: 9,10,11,12
Interact Club: 9,10,11,12
Room to Read Secretary: 10,11,12
Cots for Kids: 11,12
Lyrics: 10,11,12
Unity Club: 11,12
Jet Jotter: 11,12

"How lucky am I to have something that makes saying goodbye so hard." -Winnie the Pooh



## Courtynie Geier

*Weenie*

Rowing: 9
Swimming & Diving: 9
Softball: 9,10,11,12
Football: 11
Soccer: 10

"That gave me anxious."

## Sally Gill

Yoga Club: 9,10,11,12
Language Mentor Club: 11,12
NHS: 11,12

"When you come to a fork in the road, take it."- Yogi Berra

"It's like a machine, but not a machine."-JFrea

## Grace Glick

*Gracie, Grape, Grapie*

Robotics: 11,12
Interact Club: 10,11,12
GSA: 11,12
Heifer International Club: 10,11,12

"Life is a race and I'm winning."
-Dan Glick

## Maddy Goggin

Track: 9,10
Swimming: 9,10,11,12C

Spanish Club: 10,11,12
Ultimate Frisbee: 12

"I'm just a guy looking for some nice waves and some good friends." -Big Z, Surfs Up

## Alisa Goldberg

Key Club: 9,10,11,12
La Capella: 10,11

"Life may throw you curve balls, but there's always a way to get around them."

"Forever is forever but sometimes to get that... you need to say goodbye."

## Jamlec M. Gonzalez

"It doesn't matter if you failed, it matters if you tried."

"Go confidently in the direction of your dreams. Live the life you have imagined."

## David Goode

Track and Field: 10,11

"Hey."

## Leah Gorfinkel

Volleyball: 9,10,11,12 C
Track: 9,10
Boys Volleyball Manager: 11,12

Medical Club: 9,10
NHS: 11,12

"Schmidt happens."

## Tanner Gregori

*Big T*

Football: 9,10,11,12
Indoor Track: 10,12C
Track: 9,10,11,12C

NHS: 11,12

"Knowledge is knowing tomato is a fruit; wisdom is not putting it in fruit salad."

"If you think this has a happy ending, you haven't been paying attention."

## Breandan Joseph Griffin

*Pork*

Hockey: 9,10
Boxing: 11,12
Field Hockey Manager: 12
Hockey Manager: 12

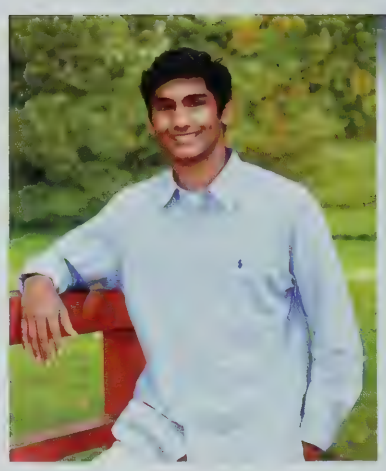
"Everybody selling dreams, I'm too cheap to buy one."-Lil Wayne

## Molly Griswold

Lacrosse: 9,10
Indoor Track: 10,11,12

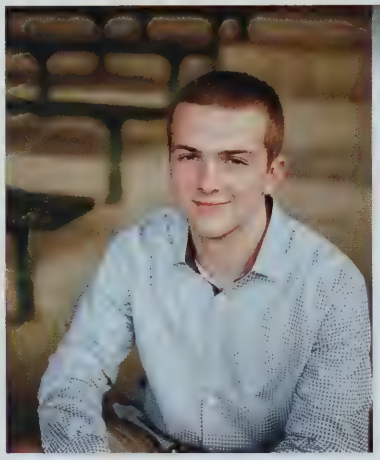
Red Cross: 9,10
STAND: 11,12
Key Club: 9

"You're just too miserable to have a funny senior quote..." -Nina Katz



## Sanhit Gutta

Football: 9,10,11,12
Track: 10,11,12



## Adam Hanna

Football: 9,10,11,12
Track: 9,10,11

## Daniel Harder

*Pyromaniac Raccoon*

Interact Club: 9,10,11,12

"There is never problem too big that bigger hammer cannot solve."

"Luke, you dress like you drive a GT."

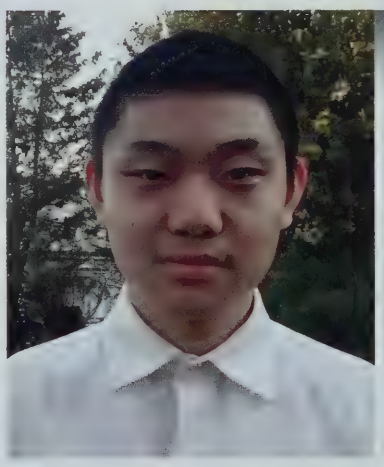
## Zain Hassan

Cross Country: 12

Math Club: 11
Key Club: 11,12

"I'm running away from my responsiblities. And it feels good." -Michael Scott

"Hasta la vista, baby." -Terminator



## Tommy He

Tennis: 10,12

Science Olympiad: 10,12
Math Club: 10,12
Community Service Club: 12

"Practice makes perfect, and nothing is perfect."

## Andrew Mathew Healy

Soccer: 9,10,11,12

"Wisdom is knowing I am nothing, love is knowing I am everything."

## Joshua G. Hebert

*Josh*

"Maximum effort!"

## Lily Henshaw

*lilhensh*

Rowing: 9,10,11C,12C
Indoor Track: 9

Key Club: 9,10,11,12
Lyrics: 11,12

"So I guess we are who we are for a lot of reasons. And maybe we'll never know most of them. But even if we don't have the power to choose where we come from, we can still choose where we can come from there" -Stephen Chbosky

## Rilee Holt

Soccer: 9,10
Indoor Track: 9

Key Club: 11,12
Room to Read: 11,12
Best Buddies: 11,12
NHS: 11,12
Photography Club: 11
Cots for Kids: 11

"I've learned people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou

## Luke Hornyak

*Tug*

Soccer: 9,10C,11,12
Indoor Track: 9,10
Track: 9,10,11,12
Ski Team: 11,12

Medical Club: 9,10,11
BPA: 11,12

"No more raspberry." -everybody ever

"RL?" -Tugj

## Nate Hunter

Football: 9,10,11,12
Basketball: 9
Track: 9,10

Unity Club: 11,12

"Life is like a box of chocolates, you always get Nate Hunter."

"You know they say NHS stands for National Honors Society, when it really means Nate Hunter."

## Ryan James

Baseball: 9,10 ,11,12
Basketball: 9
Indoor Track: 10,11,12
Football: 9

"Wait, you're Carly right?"
-Cooper Joyal

## Wynton Jarvinen

*Wyn*

Volleyball: 11C,12C
Cross Country: 9,10,11,12C
Baseball: 9
Indoor Track: 9

NHS: 11,12
Jazz Band: 10
Music Mentor: 10

"Two roads diverged in a wood and I took the one less traveled." - Robert Frost

## Christopher Johns

Track: 9,10,11,12C
Indoor Track: 11,12C

"Ok." - Devin

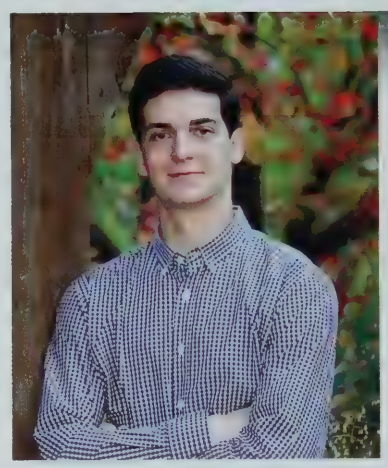
## Piper Johnson

Interact Club: 11,12
French Club: 9,10
Pottery Club: 10
ASL Club: 11
NHS: 11,12

"Thank you for the memories,
They've made me who I am.
Goodbye LHS."

## Carly Joyal

Red Cross Club: 9,10,11



## Cooper Joyal

*Coop*

Soccer: 9
Lacrosse: 9,10,11,12
Cross Country: 10,11
Indoor Track: 10,11,12

## Sadie Kaim

Interact Club: 9,10,11,12
Yoga Club: 9,10,11,12
Heifer International: 10,11,12
Urban Dance Club: 11,12

"What she tackles, she conquers." -Richard Gilmore

## Joseph Kang

*Jokang*

Football: 9,10,11
Basketball: 9,10,12
Volleyball: 11,12

Summer Enrichment TA

"I've always been 'Jokang' my whole life."

## Emma Karamian

Lacrosse: 9,10
Indoor Track: 10,11
Field Hockey: 9,10,11,12

Key Club: 9,10,11,12
Red Cross Club: 9,10,11,12

"Yikers." -Coach

"This is the last run I promise."

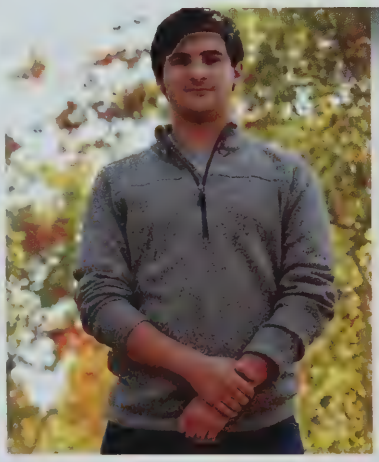
## Nina Katz

Cross Country: 9,10,11
Indoor Track: 9
Track: 9,10

NHS: 11,12
Peer Leadership: 11,12

"The snack that smiles back." -Goldfish

"Don't drop that thun thun thun." -My alarm clock



## Alexander Kavrakis

*Alex*

Ski Team: 9,10,11,12

Latin Club: 11

"Imagination is memory gone mad."

## Darby Koaney

Cross Country: 10,11,12
Track: 9,10,11,12

Ukulele Club: 10,11

"I refuse to be sick. I'm wearing Valentino for crying out loud." -The Devil wears Prada

"Hanna if you see me running, you best believe I did it."

## Devon Kelly

Soccer: 9,10
Indoor Track: 9

Impressions: 10,11,12
Room to Read: 11,12
Key Club: 10,11,12
French Club: 12

"I don't know where I'm going from here but I promise it won't be boring." -David Bowie

## Faith Kelsey

*Spedly*

Cross Country: 9
Swimming & Diving: 10

Key Club: 9,12

"Faith Kelsey from Musical.ly."

"Worst 12 years of my life."

## Kevin King

*Kev, Kelv, KK, Ak4dkevn, Sugar*

Baseball: 9
Cross Country: 9,10,11,12

Boxing: 11,12

"You have to believe that the dots will somehow connect in your future." -Steve Jobs

"I came like a king, left like a legend." -Zlatan Ibrahimovic

## Liam Knowlton

*Knowles*

Soccer: 9C,10,11,12C
Tennis: 9,10,11,12
Indoor Track: 9

Key Club: 9,10
Medical Club: 9,10,11

"Our greatest glory is not in never failing, but in rising everytime we fall." -Confucius

## Ilana Kofman

Soccer: 9,10,11,12C
Basketball: 9,10,11,12
Lacrosse: 9,10,11,12

Red Cross Club: 11,12
STAND: 9,10,11,12
NHS: 11,12

"I am the freakin' president. I don't break rules, I enforce them."

"Mental is to physical as 4 is to 1" -Coach Dudeck

## Eleni Kollias

Tennis: 9,10,11,12C
Soccer: 9
Ski Team: 12

NHS: 11,12
Key Club: 9,10,11,12
Red Cross Club: 9,10,11,12
Class Treasurer: 10,11,12

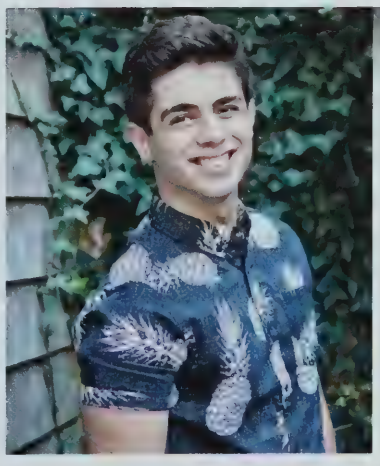
## Sreeman Kondaveeti

*Sree, Boogz*

JCC B'ball: 9,10,11,12

"#10k4L" -10k

'We don't do a lotta talkin, we just let that ish glow." -Bobstarjay



## Nicholas Koran

Cross Country: 9,10

Ultimate Frisbee: 11
Math Team: 9,10,11,12
Science Olympiad: 11,12
French Club: 9,10,11,12

## Zachary Kornblum

*Blum*

Football: 9,10

"Imagine going to a school in which student education isn't put first, oh wait."

"Quite possibly."

## Nicholas Kowalewski

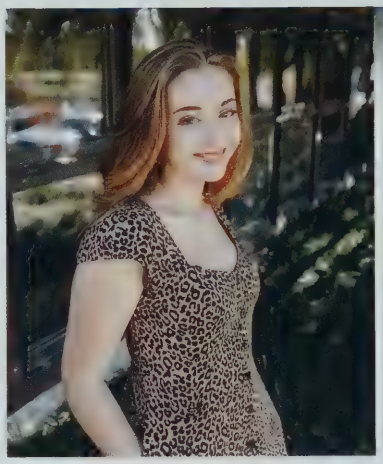
Swimming: 9,10

Ultimate Frisbee: 11,12

"The secret of life is just to live it."

## Sawyer Langer

Ultimate Frisbee: 11



## Alicia Lanides

Key Club: 10 Board:11,12
Cots for Kids: 11,12
World Language Club: 11,12
Pottery Club: 9
NHS: 11,12

"I don't want to be seen smiling, having fun, or eating."
-Victoria Beckham

"I'll know when I know. And until I know, I don't know."
-Justin Timberlake

## Blaise LaVallee

Soccer: 9
Cross Country: 10,11
Wrestling: 9,10
Ski Team: 11,12
Lacrosse: 9,10,11,12

Key Club: 9,10,11,12

"ATL 28-3NE, 2:08, 3rd Qtr"

## Emma Lavoie

Model UN: 9,10,11VP,12VP
Math Team: 9,10,11,12
LSO: 9 Section Leader 10, 11
Tri-M: 10,11
Poetry Out Loud: 11,12
Creative Writing: 10
Interact Club: 10
Key Club: 9

"I have no idea what's going on, but I am excited!" -Chandler Bing

## Matthew LeHoullier

*Matt*

"When I first got into the league, I tried to fit in. Now I don't care."
-Dwayne Wade

## Sophie Lemire

*Soph*

Soccer: 9,10
Track: 10,11,12
Lacrosse: 9

Class President: 9,10,11,12
NHS: 11,12
STAND: 9,10,11,12
Best Buddies: 9,10,11

"I want every little girl who's told she's bossy to be told instead she has leadership skills." -Sherly Sandberg

## Benjamin Levin

*Ben*

Lacrosse: 9,10
Basketball: 9,10,11,12C

"You don't need a license to drive a sandwich." - Spongebob

## Isabelle Lewis

*Izzy*

Soccer: 9,10
Indoor Track: 9

Room to Read: 10,11,12
NHS: 11,12
Cots for Kids: 11,12
Spanish Club: 11
Photo Club: 11
Best Buddies: 11

"No mistakes. No do-overs. Look out for each other. This is the fight of our lives." - Steve Rogers, Avengers: Endgame

## Erica Li

Math Team: 9,10,11,12
Science Olympiad: 10,11,12
Interact Club: 9,10,11,12
Tri-M: 10,11
Key Club: 9,10
Heifer Club: 10,11,12
NHS: 11,12

"Thank u, next." - Ariana Grande

## Jinny Li

Key Club: 9,10,11,12
Interact Club: 10,11,12
Pottery Club: 9,10,12
ASL Club: 11,12
East Asia Club: 10,11,12

"You weren't supposed to happen." -Mom

## Katie Li

Key Club: 9,10,11,12
Interact Club: 10,11,12
East Asia Club: 10,11,12
Urban Dance Club: 11,12
ASL Club: 11,12

"How tragic."

## Liam Loblk

Football: 9,10
Baseball: 9,10

Key Club:12

"You forget a thousand things everyday, now make sure this is one of them."

## Daniel Madden

*Dan the Madman*

Lyrics: 10,11 Section Leader: 12
Tri-M: 11,12
I Cantori: 12
Senior Class Play Director

"I don't know how many years on this Earth I've got left. I'm gonna get real weird with it."
-Frank Reynolds

## Zamyaa Mahmood

*Zam*

Key Club: 9,10,
Mock Trial: 11,12
BPA Club: 12

"Live life, breathe air, somehow I know we're gonna get there, and feel so wonderful." -iCarly

## Anabella Marchese

Key Club: 9,10
Red Cross Club: 9,10,11,12
Senior Class Play

"People say nothing is impossible, but I do nothing everyday." -Winnie the Pooh

## Emma Marchetta Turner

Cheerleading: 9,10

Senior Class Play Costume Director: 12

"Tik Tok but don't talk about it."

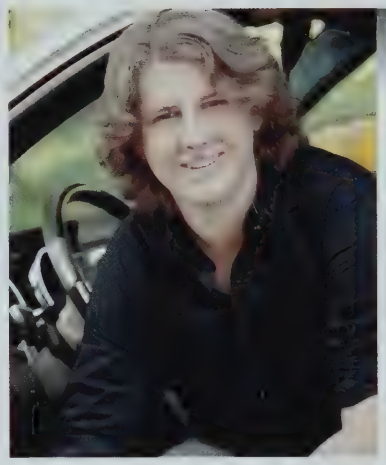
"Call up that shrink in Beverly Hills." -Prince

## Nina Marganti

*Neen*

Volleyball: 9,10

"It always seems impossible until it's done." -Nelson Mandela



## Luke Martin

*El Jefe*

NHS: 11,12

"I think you should worry less about who you might offend, and care more about who you might inspire." -Mike Baxter

"So I've got this idea..." -Jefe

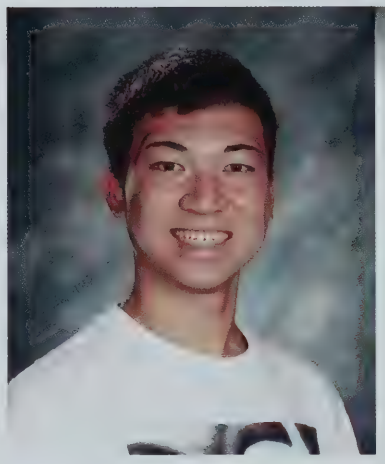
## Kayla Martinez

Softball: 9,10
Track and Field: 11,12

Cots for Kids: 11,12
Unity Club: 10,11,12
Accidentals: 11

"High School Musical told me we're all in this together but you guys were no help."

Follow me on Tik Tok @k.martinez826"



## Masaki Matsokura

*Masa*

Tennis: 12

East Asia Club: 12

## Bridgette McAndrews

*Bridge*

Volleyball: 9,10,11C,12C
Track: 9,10
Basketball: 9

Room to Read: 11, 12

"I don't know I just work here." -Mr. Rusenko

## Owen McGeer

Cross Country: 9,10,11,12
Tennis: 9,10,11,12

Key Club: 9,10,11,12
BPA: 11,12
NHS: 11,12
Student Advisory Committee
Part-Time: 12

"Well, I am not usually one for speeches. So, goodbye." -Ron Swanson

## Madison McGrath

*Maddie*

Softball: 9,10,11
Indoor Track: 10

PAWS: 10,11,12
Jazz Band: 10,11
Tri- M: 10,11,12

"Do you have a plan?- I don't even have a pla-." - Phoebe Buffay

## Katie McMahon

Indoor Track: 10,11
Lacrosse: 9,10,11
Swimming: 12

Key Club: 10,11,12
Best Buddies: 10,11,12
NHS: 11,12
Red Cross: 10,11
STAND: 12
POM: 11,12

"You've never climbed a water tower?"
- Morgan Nolan

## Alec Miltenberger

*Uncle Milty*

Conservative Club: 11,12

"Country Roads, Take me home, to the place I belong, West Virginia."

"The nine most terrifying words in the English language are: I'm from the government and I'm here to help."
–Ronald Reagan

## Alex Mishol

*Mish*

Football: 9
Baseball: 9,10
Basketball: 9

Ultimate Frisbee: 11,12

"It is better to be hated for what you are than to be loved for what you are not."
-Andre Gide

"Do not take life too seriously. You will never get out of it alive."-Elbert Hubbard

## Quinn McGrath

*Quinner*

Soccer: 9,10,11,12
Track: 9,10,11,12C

Jazz Band: 9,10,11,12
NHS: 11,12
Tri-M: 10,11,12

"It's not the size of the dog in the fight, it's the size of the fight in the dog."

## Michael Mikaelian

*Big Mike*

Football: 9,10,11,12
Hockey: 9,10,11,12
Lacrosse: 9,10,11,12

Concert Band: 9,10,11,12
NHS: 11,12

"The credit belongs to the man who is actually in the arena whose face is marred by dust and sweat and blood."
- Theodore Roosevelt

## Hanna Minardi

Soccer: 9,10
Basketball: 9,10,11,12C

"A heart is not judged by how much you love; but by how much you are loved by others."
- The Wizard of Oz

"Do you ever look around the room and think to yourself 'wow I'm the only one here who is not an idiot.'" - Alexa Minardi

## Wyatt Mitchell

Quidditch Club: 9, 10, 11

"Bow Chicka Bow Wow."
- Tacke cred v.s. blue

"Legendary." - Barney Stinson

## Jeremy Moody

Hockey: 9

"What you egg?"
-William Shakespeare

"My mango is to blow up, and act like I don't know nobody. Akgagkak.- Ironman

## Julianna Morfit

Rowing: 9,10

Impressions: 11,12
Concert Band: 9,10,11
Yearbook Club: 9
Gaming: 10
Dems: 9,10

"When you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it" - Theodore Roosevelt

## Yasmine Morris

*Yasmine*

Accidentals: 11,12

"Every person you meet knows something you don't; learn from them." - H Jackson Brown Jr

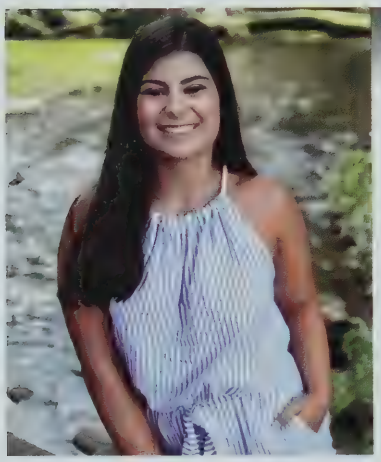
"Your imagination is your preview of life's coming attractions." - Albert Einstein

## Madison Moses

*Maddie*

Cheerleading: 9,10,11,12
Ultimate Frisbee: 11,12

"Sometimes when I start a sentence, I don't even know where it's going, I just hope I find it along the way." - Michael Scott



## Alexandra Moutafis

*Alexa*

Tennis: 9,10,11,12C
Soccer: 9,10
Ski Team: 9

Key Club: 9,10,11,12
Red Cross: 9,10
Cots for Kids: 11,12

"Young, Wild, and Free."
- Wiz Khalifa

## Safia Muftic

Band: 9,10,11,12
Interact Club: 9,10,11,12

"Behind every successful woman is no one. She got there herself."
- Lilly Singh

"Why fall in love when you can fall asleep."

## Esther Muhlmann

Cross Country: 9,10,11,12C
Indoor Track: 9,10,11,12C
Track: 9,10,11,12C

Impressions: 10,11,12
Jet Jotter: 11,12
NHS: 11,12S
Key Club: 10, 11, 12
Ukulele Club: 10,11
Cots for Kids: 11,12

"ingles."

## Nathaniel Neveu

*Nate*

Soccer: 9,10,11
Indoor Track: 9
Track: 9,10

Jet Jotter: 11,12

"I'd like to thank sparknotes, shmoop, and google translate for helping me graduate."

## Morgan Nolan

Soccer: 9
Track: 9
Diving: 9,10,11,12C

Key Club: 9,10,11,12
Yoga Club: 9,10

"I have no idea what's going on but I'm excited!"- Chandler Bing

## Grace O'Connor

Volleyball: 9,10
Hockey: 9,10
Softball: 9,10,11,12C
Cross Country: 11
Rowing: 12

Strength and Conditioning Club: 10,11,12

"Attitude is a little thing that makes a big difference."

## James O'Connor

Soccer: 9,10,11,12
Basketball: 9,10,11,12
Baseball: 9,10,11

"I can look at strobe lights."

## Natalie O'Connor

*Nat*

Soccer: 9
Cross Country: 10,11,12C
Lacrosse: 9,10,11,12

BPA: 12

"You can't fix stupid." - Ron White

## Josh Orujev

Cross Country: 9,10,11,12
Track: 9,10,11

NHS: 11,12
Key Club: 11

"Stop playing with the elastics!" - Mrs. Ferris

## Kaleb Osborne

Gymnastics: 9,10
Swimming and Diving: 10,11,12C
Track: 12

Ultimate Frisbee: 11
Peer Leadership: 11

"My mother worked way too hard for me not to be great."

"Don't look back, you're not going that way."

## Kristen Palwan

Softball: 9,10,12
Football Manager: 12

Best Buddies: 9
Business Club: 10,11
Key Club: 12
Unity Club: 12

"High School Musical was so unrealistic."

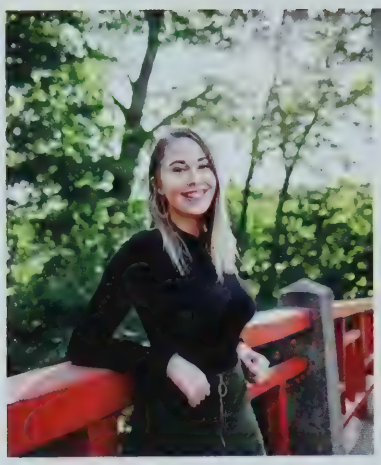
"Hakuna Matata."

## Nora Pandolfi

Lacrosse: 9,10,11
Soccer: 9
Swimming: 9,10,11,12

Key Club: 9
Best Buddies: 10,12
Stand: 12
Yoga Club: 9
POM Club: 11,12

"I really need a good cry but I just don't have time." -Katie McMahon



## Klara Pasterczyk

Dance: 9,10,11,12

She's The First: 9
Key Club: 9,10
Language Mentor program: 11
Cots For Kids: 11,12
NHS: 11,12
Senior Class Play Choreographer

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." - Dr. Seuss

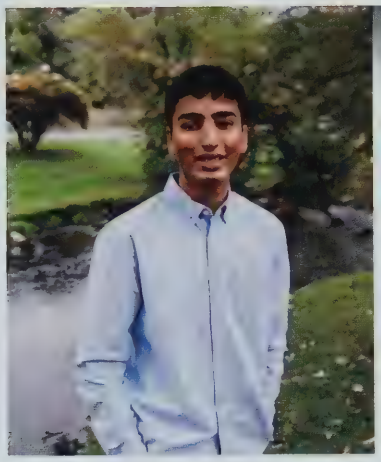
## Max Pechulis

*Peanut, Maxy*

Soccer: 9,10,11
Swimming: 9,10,11,12
Track: 9,10,12

Ultimate Frisbee: 11
Ping Pong Club: 9,10,11,12

Don't underestimate me because I'm quiet. I know more than I say, think more than I speak and observe more than you know."



## Parth Penukonda

Key Club: 10,11,12
Indian Club: 10
NHS: 11,12
Tri-M: 10
BPA Club: 9,10,11,12

"I'm on the pursuit of awesomeness." - Kanye West

## Nolan Perna

*Perna*

Soccer: 9,10,11,12
Basketball: 9,10
Lacrosse: 9,10
Indoor Track: 11,12

"Bree"

## Rachel Perry

Cheerleading: 9,10,11C,12C

Interact Club: 10,11,12
NHS: 11,12
Science Olympiad: 11,12
Tri-M: 11,12

":)"

## Mai Pho

Creative Writing Club: 10,11,12
Interact Club: 10,11,12
Model UN: 9,10
Paws: 11,12

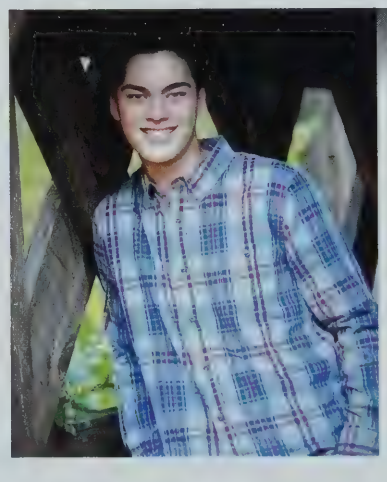
"I want to be a rock in my next life." - Min Yoongi

## Linnea Piper

Cheerleading: 9,10,11,12

"You should never regret anything in life. If it's good, it's wonderful. If it's bad it's experience."

"No matter what people tell you, words and ideas change the world." - Robin Williams



## Logan Pohl

*Logi bear*

Football: 9,10
Basketball: 9,10,11,12
Volleyball: 11C,12C

"Going through high school is like being tall and asian. Everybody's just as confused as you are."

## Maurice Powe

*Mo Powe*

Football: 9,10,11,12C
Wrestling: 9,10
Indoor Track: 11,12C
Track: 9,10,11C,12C

Unity Club: 9.10,11,12
Strength and Conditioning:11
Ted Ed Club:

The moment you doubt whether you can fly, you cease forever to be able to do it."
-Peter Pan

## Maya Powe

Basketball: 9
Track: 9,10,11C,12C
Indoor Track: 11,12

Jazz Band: 9,10,11,12
I-Cantori: 12
Tri-M: 10,11,12P
Unity Club: 9,10,11,12P

"An apple a day keeps the doctors away, unless it's Doctor Mike." ;)

## Samantha Preston

Hockey: 9,10,11
Lacrosse: 9,10,11,12

Key Club: 9

"Everything happens for a reason."

## Isabella Quercia

*Bella*

Softball: 9,10,11,12C

Interact Club: 10,11,12
Yoga Club: 10,11,12
Heifer International Club: 9,10,11,12

"Sometimes it is the people no one can imagine anything of who do the things no one can imagine."- Alan Turing

## John Quinlan

*JQ*

Soccer: 9,10
Indoor Track:
Track: 9,10,11,12
Cross Country: 11,12

NHS: 11,12

"There may be people who have more talent than you, but there's no excuse for anyone to work harder then you do- and I believe that".
- Derek Jeter

## Erika Rehbein

Cross Country: 10,11,12
Indoor Track: 10,11,12
Track: 10,11,12
Swimming and Diving: 9

Drama Club: 10,11,12
Interact Club: 11,12
Red Cross Club: 9,10,11,12

"Why not, life is too good to waste. Live, don't just exist."
"Don't look down upon someone because of their differences, love them because they are different."

## Sarah Reyes

Indoor Track: 10

Model UN: 9,10,11,12
Mock Trial: 9,10,11
Jet Jotter: 10,11,12

"I haven't even begun to peak."
- Dennis Reynolds

## Kalle Riess

Soccer: 9
Track: 9
Volleyball: 10

Rowing: 12
Ultimate Frisbee: 10,11,12
Jazz Band: 10,11
Strength & Conditioning: 10,11,12

"Who's Joe?"

## Devin Roffo

Soccer: 9,10,11,12
Basketball: 9,12
Track: 10
Indoor Track: 10

Ultimate Frisbee: 11
Gardening Club: 10

## Will Rome

*Wi Fug*

Soccer: 9
Baseball: 9
Track: 9,10,11

"I hate when I'm on a flight and I wake up with a water bottle next to me, like oh great now I gotta be responsible for this water bottle now." - Kanye West

## Leah Rosenman

French Club: 9,11,12
Lyrics: 10,11,12
GSA- 11,12
Gender Equality Club: 9
I Cantori: 11,12
Accidentals: 9,10,11,12
Tri-M: 10,11,12

"Doc? Proud? It's less likely than you think." - Zoe Roumeliotis

"We've talked about this. It's my job to judge you." - Doc Howe

## Rebecca Rothstein

*Becca*

Soccer: 9,10,11,12C
Basketball: 9, 10
Indoor Track: 12

STAND: 10,11,12
NHS: 11,12
Love 146: 11,12

"Find what you'd die for and live for it."

## Zoe Roumeliotis

Heifer Club: 9,10,11,12
French Club: 9,10,11,12
Interact Club: 10,11,12
Science Olympiad: 11,12
Yoga Club: 10,11,12

"I am...impressed? by how well you procrastinate." - Doc Howe

## Samantha Ruyffelaert

*Sam, Sammy*

Horseback riding: 9,10,11,12

Best Buddies: 9,10,11,12

"Thanks to these last 4 years I now like people more than horses...JK I still like horses more."

"I'm just the crazy horse girl."

## Liam Ryan

Swimming: 9,10,11,12C

Spanish Club: 10

"You should always know how to recite a poem, dunk a basketball, and do a backflip." - Mark Staples

## Kaitlyn Ryczek

Field Hockey: 9,10,11,12
Basketball: 9,10
Track: 9,10,11,12
Swimming: 12

STAND: 12

"Sorry I can't, I'm at the Dudeck's." - Nora Pandolfi

"Shut up chunky cheese."

## Ava Sadowski

Indoor Track: 9
Track: 9,10

Key Club: 9

"What's better, Longmeadow or East Longmeadow?"

## Chris Salwen

*Poleman*

Hockey: 9,10,11,12
Track: 9
Volleyball: 11,12

Field Hockey Manager: 12
Key Club: 9
BPA: 12

"Is that a troll?" - Goddo

"Look at me!" - Rick

## Josephine Sarno

*Josie*

Volleyball: 9,10,11C,12C

Red Cross Club: 9,10,11
Ultimate Frisbee: 10

"Molly's a snich." - my door

## Jared Scavotto

"Make every moment of every day count."

## Lily Schneider

Cheerleading: 11,12

Impressions: 11,12
GSA President: 9,10,11
NHS: 11,12
Tri-M: 10,11,12

"I couldn't have done any of this without Sal from Khan Academy."

## Camille Scott

Indoor Track: 10,11,12
Track: 10

Red Cross: 10,11,12
Interact Club: 10,11,12
Best Buddies: 11,12
Foreign Language Mentor: 11,12
Key Club: 11,12
NHS: 11,12
BPA: 12

"If you ain't got no giddy up then giddy out my way"-Mason Ramsey

## Josh Shaflel

*Josh*

Volleyball: 11,12

Tri-M: 10,11,12
Creative Writing Club: 10
Pit Orchestra: 9,10,11,12
Senior Class Play Pit Director

"Isn't it funny how day by day nothing changes, but when we look back everything is different." - C.S Lewis

## Maeve Shea

Basketball: 9
Softball: 9, 10C
Indoor Track: 10,11C,12C
Cross Country:11,12

Best Buddies: 9,10,11
She's the First: 9
Interact Club: 9,10,11
French Club: 9,10,11
Cots for Kids: 11
Heifer International 10,11

"You can't handle my undivided attention" -Dwight Schrute

## Jared Smith

*Jerry*

Soccer: 9,10,11,12C
Indoor Track: 9,10
Track: 9,10

"Heart on fire brain on ice."

## Matthew Smith

Football: 9
Basketball: 9
Baseball: 9
Indoor Track: 10,11,12C
Track: 10,11,12C

Gardening Club: 10

"No"-Rosa Parks

"Before I do anything I ask myself, would an idiot do that? And if the answer is yes, I do not do that thing."
-Dwight Schrute

## Nathan Sokol

*DJ Loudhouse aka Nate*

Best Buddies

"In this changing world, its harder than ever to find something extraordinary, but every once in a while a symbol of hope breaks through"- Dolphin Tale

## Dena Solomon

Swimming & Diving: 9,10,11,12C
Tennis: 9,10,11,12

Key Club: 9,10,11,12

"I know changing can be scary, but its part of growing. Its how we find out who we are and who we're gonna be."
- Hannah Montana

## Sarah Sprinthall

Cross Country: 9,10,11,12
Track: 9,10
Basketball: 9

Interact Club: 10,11,12

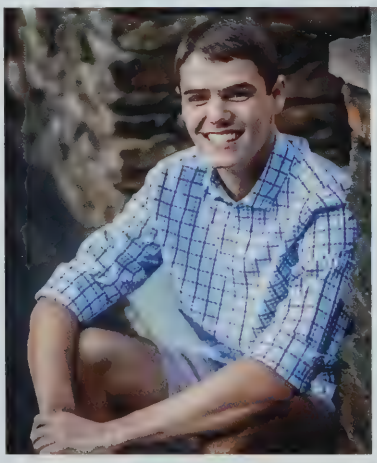
"I knew exactly what to do...but in a much worse real sense, I had no idea what to do"
- Michael Scott

## Caroline Stratton

Cross Country: 9,10,11,12C
Indoor Track: 10,11,12
Softball: 9,10,11
Ultimate Frisbee: 12
Basketball: 9

Interact Club: 9,10,11,12
Key Club: 10,12
Best Buddies: 10,11,12VP
Accidentals: 11
NHS: 11,12

"I don't procrostinate. I intentionally wait until the last minute because then I will be older, and therefore wiser."- Ron Swanson



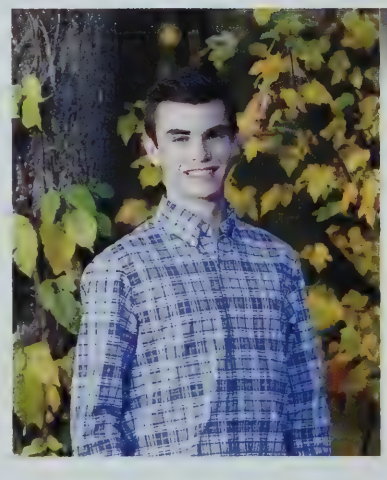
## Jack Suher

Tennis: 9,10,11,12

Jazz Band: 10,11
I Cantori: 12
NHS: 11,12
Tri-M: 10,11,12

"Are you sure you're Suher?"
Every substitute teacher

"If at first you don't suceed, then skydiving definitley isn't for you"
-Steven Wright



## Nathaniel Sullivan

*Nate*

Soccer: 9,10,11
Indoor Track: 9,11
Track: 10,11
Cross Country: 12

Lyrics: 11,12
All-State Chorus: 11

"If you shoot for the king, you better not miss."

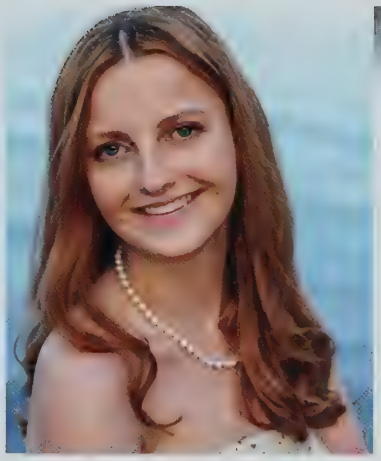
## Lilly Swanson

Lacrosse: 9
Ultimate Frisbee: 10,11
Volleyball: 9,10,11,12

Red Cross Club: 9,10,11,12

"Bruh"

"It is as you make it."



## Eva Sweeney

Cheerleading: 11,12

Key Club: 9,12
Impressions: 10,11,12
Mock Trial: 9,10,11,12

"Sike I'm not actually allergic to anything, got you all!"

## Hannah Sweeney

Track: 10

Best Buddies: 10,11,12
Interact Club: 10,11,12
Key Club: 9,10,11,12
NHS: 11,12

"When all else fails, take a nap."
- Winnie the Pooh

## Jack Szyluk

Soccer: 9
Lacrosse: 9,10
Swimming & Diving: 9,10,11,12

Pottery Club: 9,10,11,12

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are."

## Lilly Tabb

Soccer: 9,10,11,12C
Lacrosse: 9
Indoor Track: 9,10,11,12
Track: 9,10,11,12

STAND: 9,10,11,12

"My wish, for you, is that this life becomes all that you want it to, your dreams stay big, your worries stay small." - Rascal Flatts

## Braeden Tanzer

Soccer: 12

Ultimate Frisbee: 9

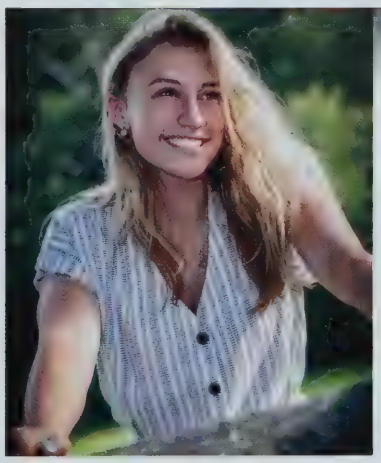
## Sean Tashjian

*Tash*

Football: 9,10,11,12C
Baseball: 9,10,11,12C

Wind Ensemble: 10,11,12
Concert Band: 9

"If you want to change the world, start off by making your bed."
- William H. McRaven



## Madigan Tershner-

*Maddie*

Soccer: 9,10,11C
Swimming: 9,10,11,12C
Track: 10,11,12

Key Club: 10,11,12
ASL Club: 12

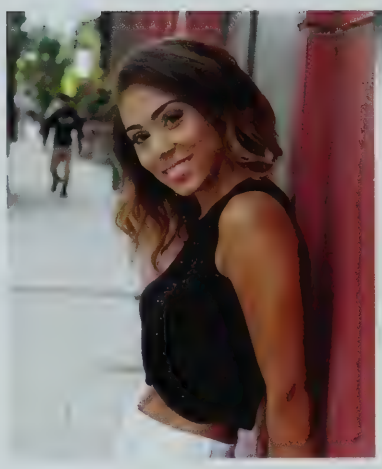
"How lucky am I to have something that makes saying goodbye so hard."
- Winnie the Pooh

## Jhanavi Thakkar

Cross Country: 11
Tennis: 9,11,12

Interact Club: 9,10
Room to Read: 10,11,12
Key Club: 10,11,12
NHS: 11,12

"Part of the journey is the end."
- Iron Man



## Talyesha Thomas

*T*

Basketball: 9,10,11,12
Cross Country: 10

ASL: 11

"Just pronounce my name right and give me my diploma."

## Eric Thor Jr.

Football: 9,10,11,12
Track: 9,10,11,12

"I never thought life would be this sweet, it got me cheesing from cheek to cheek." - Mac Miller

"Eric, what's your 1, 2, and 3?"
- Will Crews

## Ela Trehan

Urban Dance Club: 11
Impressions: 11
India Club: 11

"Forever is forever, but sometimes to get that...you need to say goodbye."

"What ever the souls are made of, ours is same."

## Alex Tuttle

*Tuttle, Tut, King Tut*

Hockey: 9,10,11
Lacrosse: 10,11,12
Track: 9

"1, 2, 3. Let's get gnarley."
- Kodak Black

"Tomorrow til Infinity." - Young Thug

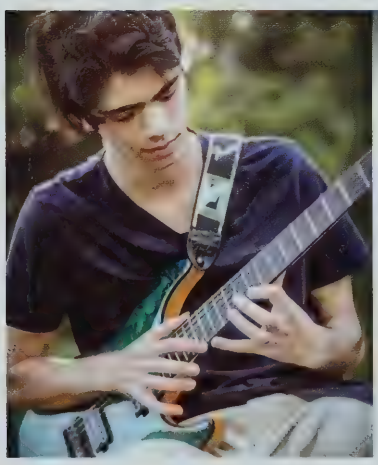
## Lyssa Tyler

Volleyball: 9,10,11C,12
Lacrosse: 9,10,11,12
Basketball: 9,10

STAND: 9,10,11,12

"Ya know like the normal colors? I like the off colors."
- Ilana Kofman

"Mental is to physical as 4 is to 1."
- Coach Dudeck



## Bijan Vahadji

"Take out the "Va" from Vahadji, now you understand why I'm not famous at airport security. Oh wait."

## Peter Valencia

Baseball: 9,10,11,12

NHS: 11,12
BPA: 11,12

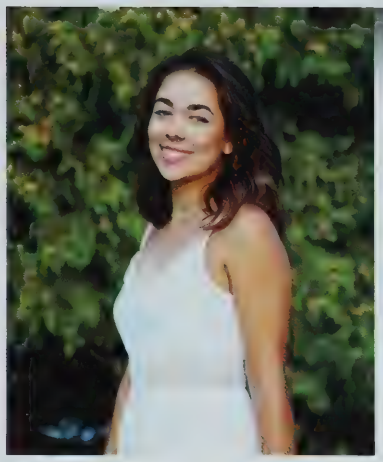
"As the wise man once said: so?"

## Kendall Vazquez

Field Hockey: 9,10,11,12C
Track: 9,10

Ultimate Frisbee: 11,12
NHS: 11,12

"You guys, I'm like really smart now, you don't even know."
- Kelly Kapoor

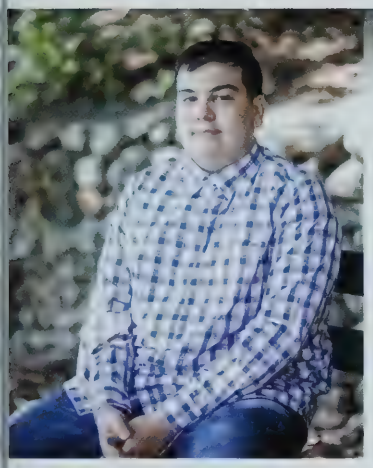


## Bella Vecchiarelli

Basketball: 9,11
Track: 11,12

Key Club: 10,11,12
Unity Club: 11,12
Cots for Kids: 11,12

"I like my coffee how I like my men...oh wait."



## Salvador Vega

Swimming & Diving: 9
Baseball: 9

Lyrics: 10,11,12
I Cantori: 12
Senior Class Play Director

"Music can name the unnameable and communicate the unknowable."
- Leonard Bernstein

## Videep Vemulapalli

*Deeper, Deep*

Hockey: 9,10,12
Baseball: 9,10
Volleyball: 11,12

Key Club: 10
BPA: 9,10,11,12
Ping Pong Club: 11,12

"Everyone wants a piece, but no one wants to take a bite."

## Sage Verdi

Yearbook Club: 10
ASL: 12
Ultimate Frisbee: 12
Impressions: 12

"Happiness is only real when shared."
- Christopher McCandless

## Nolan Vuori

*Crip, Mr. Muscles*

Cross Country: 9,10,11,12
Ski Team: 9,10,11,12

Ultimate Frisbee; 9,11,12
Key Club: 11,12

"I'm just here for good times."
-Travis Scott

"KEVIN!"

## Isabella Walker

*Bella*

Red Cross Club: 9,10

"We should all start to live before we get too old. Fear is stupid so are regrets."- Marilyn Monroe

"Wanting to be someone else is a waste of the person you are."
- Marilyn Monroe

## Sofia Warren

Track: 9,10
Basketball: 9,10
Volleyball: 9,10,11

East Asia Club: 9,10,11,12
Interact Club: 9,10,11,12
NHS: 11,12
Heifer International Club: 11,12
Urban Dance Club: 11,12
Yoga Club: 9,10,11,12
Ultimate Frisbee: 11,12

"Remember that wherever your heart is, there you will also find your treasure."
- Paulo Coelho, The Alchemist

## Alexa Weyer

*Lex*

Soccer: 9,10,11,12C
Indoor track: 9,10,11,12C
Track: 9,10,11,12C

Key Club: 11,12
Best Buddies: 10

"Yesterday is history. Tomorrow is a mystery. Today is a gift."
- Eleanor Roosevelt

## Michael Willis

*Mike*

Soccer: 9,10,11,12C

Key Club:10

## Christian Winkler

*Goddo, Wink*

Football: 9,10,11,12
Baseball: 9,10,11,12C

NHS: 11,12
Peer Leadership: 11,12

"You and your mom are hill-billy's. This is a house of learning doctors."
- Dale Doback

"Show me stepbrothers."

## Shane Woods

*Muffin, Woody, Woodrow*

Football: 9,10,11,12
Wrestling: 9,10,11,12
Lacrosse: 9

"I love my life more than I love my lifestyle."- A Boogle wit da hoodie

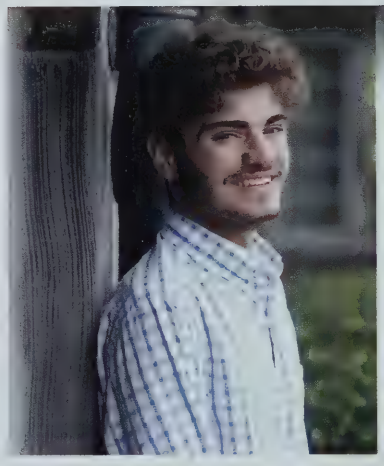
"Who wants some Arnie palmers?"

## Alyssa Wright

Indoor track: 9,10,11,12C
Track: 9,10,11C,12C

Key Club: 9,10,11,12

"Life's short. Talk fast."

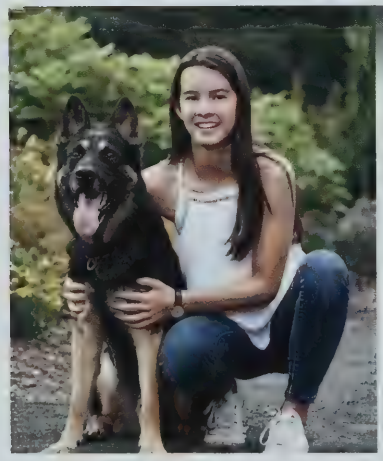


## Brandon Wright

Track: 9,10,12

Key Club: 9,10

"I'm five foot something but I'm royalty."



## Rachel Wun

*Raquel, Wunski*

Indoor Track: 10,11,12
Track: 10,11,12

Key Club: 9,10,11,12
Photo Club: 11
NHS: 11,12

"I know you disagree with everything I say, but it's fine. I like proving people wrong."
- Tanner Williams

## Vivienne Yang

Tri-M: 10,11,12
Language Mentors: 10,11,12
Key Club: 9
Interact Club: 10,11
NHS: 11,12
East Asia Club: 10,11

"Small, dark, and handsome."

## Emily Yesu

Lyrics: 9,10,11,12
I Cantori: 11,12
NHS: 11,12

"I want to sing like birds sing, not worrying about who hears or what they think." -Rumi

"He who does not answer the question has passed the test."
- Franz Kafka

## Nicholas Yevsyuk

*Krebchip*

Lacrosse: 9,10
Indoor Track: 10
Volleyball: 11,12
Hockey: 12

Ping Pong Club: 9
Strength and Conditioning: 10,11

"Don't be a salad, be the best damn broccoli you could ever be."
- Pewdipie

## Claire Yun

Science Olympiad: 10,11,12
French Club: 9,10,11,12
Math Team: 9,10,11,12
Heifer International Club: 10,11,12

"I don't know about this whole 1+1=2 business."

## Jonathan Yun

*Jon*

LongMetal Robotics: 11,12
Math Team: 9,10,11,12
Science Olympiad: 10,11,12
GSA: 11,12

"The only 'abs' I have are the absolute value sign."
- Emily Cooper

## Phia Ziegler

French Club: 9,10,11
Jet Jotter: 10,11
NHS: 11,12
Senior Class Play Art Director

"I suffer great disaster because I have a body."

# CLASS OF 2020 OFFICERS

President: Sophie Lemire
Vice President: Hallie Gallo
Vice President of Activities: Aleza Falk
Treasurer: Eleni Kollais
Secretary: Nishant D'Souza

# ADVISORS

Mrs. Baker and Ms. Kervian

Dear Kerv and Mrs. Baker,
Thank you for devoting every morning for the past four years to the Class of 2020. From dodgeball to dances to donut day, we could not have been successful without you two. We are so grateful for your energy and organization. You have taught us how to be leaders and work as a team. Your guidance has been invaluable and we are so lucky to have started so many mornings with you in the presence of such vibrant and kind energy.

# SENIOR STATISTICS

## top 5 ARTISTS

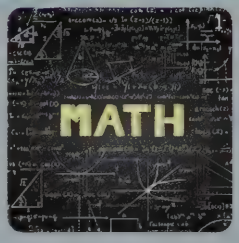
## top 5 SPORTS TEAMS

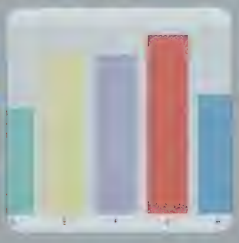
## top 5 SOCIAL MEDIAS

## top 5 SHOE BRANDS

## top 5 TV SHOWS

## top 5 SUBJECTS





**85%**

Use Sparknotes

**51%**

Prefer to fold their toliet paper over scrunch

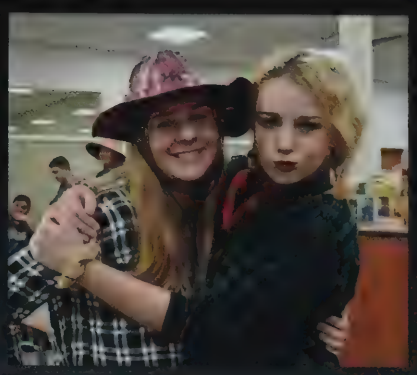
**38%**

Prefer 3rd lunch over 2nd and 1st

**27%**

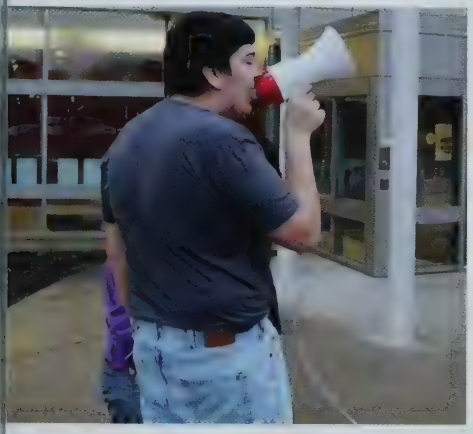
Would rather find all their missing socks than $5

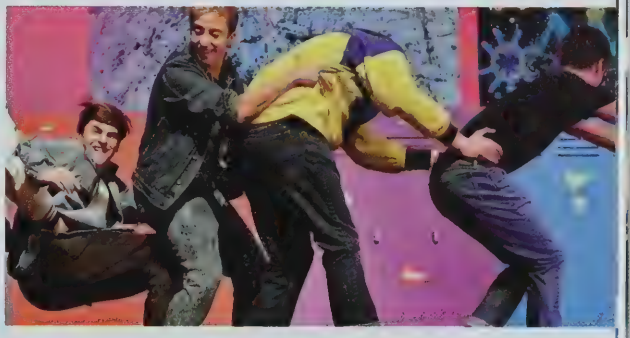
# Halloween 2020



# SENIOR CLASS PLAY

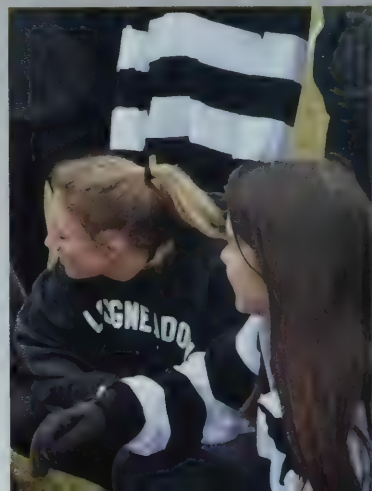
**Directors:**
Sal Vega & Dan Madden
**Producer:**
Alicia Lanides
**Choreographers:**
Sadie Kaim, Klara Pasterczyk, Maeve Shea, & Sally Gill
**Music Directors:**
Will Denno, Josh Shafiei, & Noah Dow
**Tech, Stage Crew, & Volunteers**
**Main Cast:**
Dan Madden
Noah Desmarais
Sal Vega
Esther Muhlmann
Lanelle Garcia
Vivienne Yang
Maddie T-K
Liv Dignazio
Wynton Jarvinen
Jae Cummings
Nate Sullivan
Varsha Athreya
Erika Rehbein
Maya Powe
Leah Rosenman
Maurice Powe





# BACK TO THE 80s

# POWDER PUFF



# COPS VS. ROBBERS

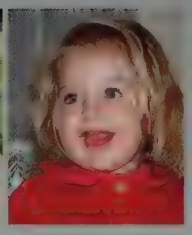
# CLASS OF 2020...

Chris Salwen

Joe Cardaropoli

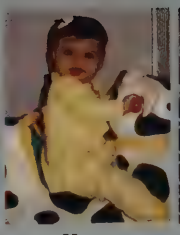
Julia Cardaropoli

Sophia D'Angelo



Emma Karamian

Carly Joyal



Vera Beznos

Luke Horynak

Max Aveyard

Ashley Barron

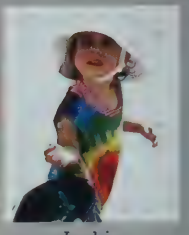
Jack Szyluk

Nora Pandolfi

Rachel Perry

Molly Griswold

Cooper Joyal



Jackie Frank

Nina Katz

Caroline Barbieri

Faith Kelsey

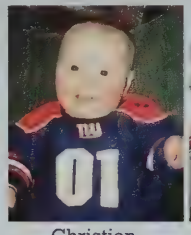
Sophie Lemire

Lily Henshaw

Trevor Cook

Ben Levin

Aleza Falk



Christian Winkler

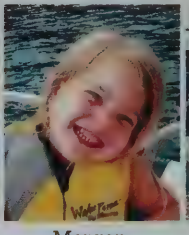
Lilly Tabb

Dena Soloman

Devin Roffo

Sally Gill

Aidan Bone



Morgan Nolan

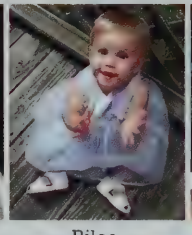
Chris Johns

Darby Keaney

MaryJane Ditmar

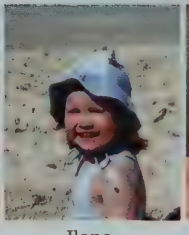
Hanna Minardi

Anna Carson



Rilee Holt

Rebecca Rothstein



Ilana Kofman

Justin Brayton

Michael Willis

Shane Woods

Josh Orujev

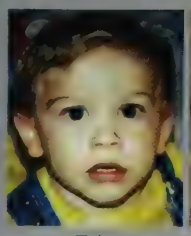
Nathaniel Burt

Nishant D'Souza

Blaise LaVallee

Zamyaa Mahmood

Madigan TK


Eric Thor

Talyesha Thomas

Jared Smith

Caroline Stratton

Alyssa Wright

Billy Albano

Salvador Vega

Isabella Vecchiarelli

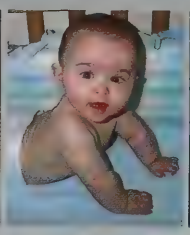
Liam Brackman

Caroline Davis

Caitlin Brunette

Varsha Athreya

Alexa Weyer


Quinn McGrath

Madison McGrath

Sam Barresi

Francesca D'Agostino

Zach Clayton

Will Denno

Owen Dalton

Tyler Case

Madison Copland

Anna Coyle

Alicia Lanides

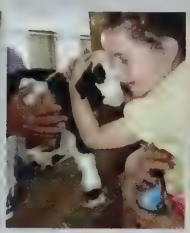
Emma Lavoie

Michael Mikaelian

Kaleb Osborne

Hallie Gallo

Iris Gallo


Avery Dunaisky

Sadie Kaim

Linnea Piper

Maeve Shea

Vivienne Yang

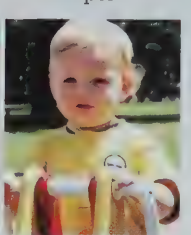
Jhanavi Thakkar

Isabella Walker

Ava Sadowski

Erika Rehbein

Erica Li

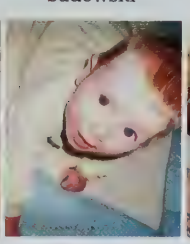

Adam Hanna

Wynton Jarvinen

Emily Cooper

Daniel Madden

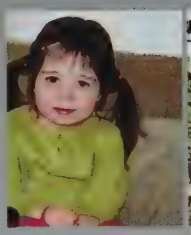
Alisa Goldberg


Frankie Furnelli

Lanelle Garcia

Christa Mae Diana

Devon Kelly



Leah Gorfinkel

Isabelle Lewis

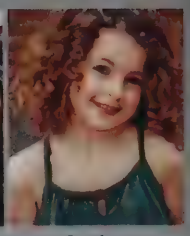
Anabella Marchese

Bijan Vahadji

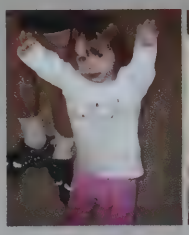
Safia Muftic

Kayla Martinez

Zachary Kornblum



Jordan DiTusa



Gracie Glick

Katie McMahon

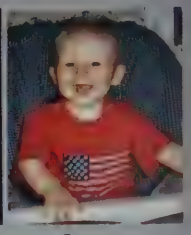
Leah Rosenman

Zoe Roumeliotis

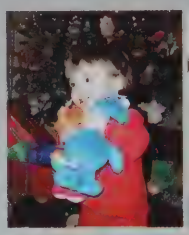
Hannah Sweeney

Sarah Reyes

Isabella Quercia



Jeremy Moody



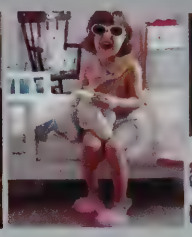
Noah Desmaris

Jae Cummings

Emma Coogan

Vanessa Dailey

Noemi Colon



Madeline Choiniere Barr

Alex Tuttle

Kaile Riess

Catherine Corrigan

Jake Desautels

Christopher Coughlin

Madison Dion

Jillian Croteau

Emily Yesu

Josh Shafiei

Nate Hunter

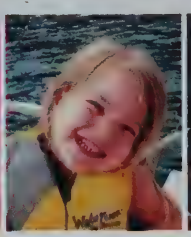
Caitlin Blanchette

Sofia Warren

Joey Li

Emma Marchetta Turner

Katie Li



Morgan Nolan

James O'Connor

Michael Carroll

Nathan Sokol

Lyssa Tyler

Peter Valencia

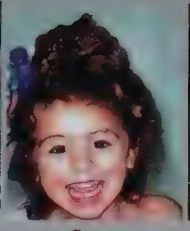
Matt Smith

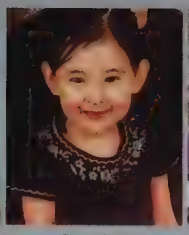
# ... THE EARLY YEARS

Yasmine Morris

Eugena Choi

Michael Bonavita


Sage Verdi-Pasquini


Camille Scott

Ela Trehan

Logan Pohl

Liam Knowlton

Nathan Anderson

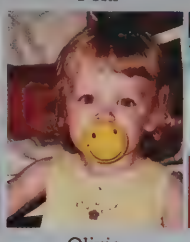
Lianna Baatz

Joshua Brody

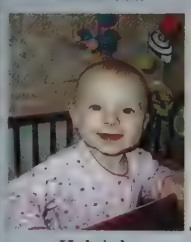
Gillian Carrington

Maggie Bruderman

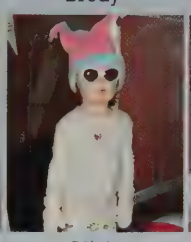
Arend Desarro


Olivia Dignazio

James Foard


Haleigh Cole

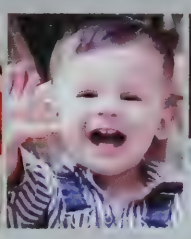
Brandon Bombard


Olivia Courchesne

Gabby Diaz

Kaitlyn Ryczek

Piper Johnson


Alex Kavrakis

Nina Marganti

Lily Schneider

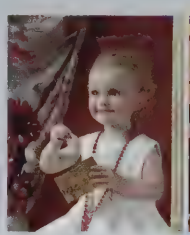
Nick Yevsyuk

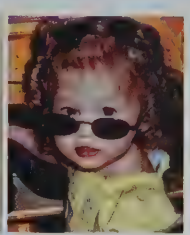
Grace O'Connor

Lilly Swanson

Alexa Moutafis

Julianna Morfit


Eva Sweeney


Phia Ziegler

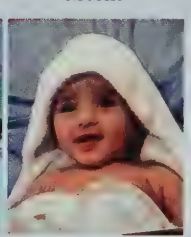
Klara Pasterczyk

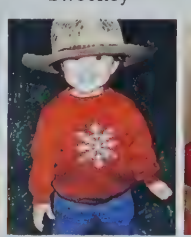
Nick Koran

Kristen Palwan

Jack Suher

Miriam Felzenstein


Zain Hassan


Eleni Kollias

Sree Kondaveeti

Sarah Sprinthall

Maurice and Maya Powe

# CLASS OF 2020

NOLAN PERNA

## BEST EYES

NORA PANDOLFI

JACK SUHER

## BEST SMILE

JACKIE FRANK

WILL CREWS

## BEST LOOKING

ANNA CARSON

# SENIOR SUPERLATIVES

LUKE MARTIN

## BEST HAIR

MJ DITMAR

JOE CARDAROPOLI

## BEST ATHLETE

ILANA KOFMAN

MAX AVEYARD

## BEST DRESSED

ALEZA FALK

# CLASS OF 2020

NICK KORAN

CLASS BRAIN

IRIS GALLO

SHANE WOODS

CLASS FUNNIEST

LILLY SWANSON

LUKE HORNYAK

LIFE OF THE PARTY

ASHLEY BARRON

# SENIOR SUPERLATIVES

DREW BRAIS

## BEST LAUGH

DENA SOLOMON

SAM BARRESI

## BEST ARTIST

MADDY GOGGIN

NOAH DOW

## BEST MUSICIAN

VIVIENNE YANG

# CLASS OF 2020

NATE ANDERSON

## BEST NICKNAME

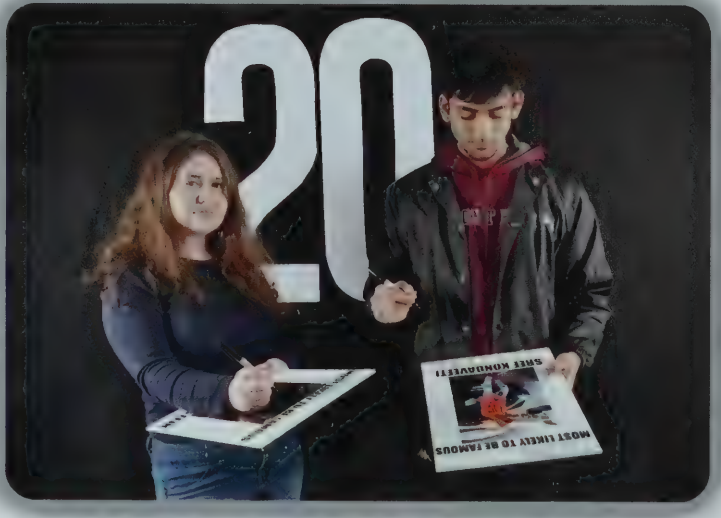
MADISON COPLAND

ERIC THOR

## CLASS SUPERFAN

KAYLA MARTINEZ

SREEMAN KONDAVEETI




## MOST LIKELY TO BE FAMOUS

MIRIAM FELZENSTEIN

# SENIOR SUPERLATIVES

WILL DENNO

## CLASS FRIENDLIEST

ESTHER MUHLMANN

WYATT MITCHELL

## TEACHER'S PET

MADDIE TK

LACHLAN BERRY

## ALWAYS RUNNING LATE

JILLIAN CROTEAU

# CLASS OF 2020

NATE BURT

MOST LIKELY TO STAY IN LONGMEADOW

KELLY CONWAY

BREANDAN GRIFFIN

MOST LIKELY TO BE ID'D AT 30

LIANNA BAATZ

JOHN QUINLAN

CLASS COUPLE

JHANAVI THAKKAR

# SENIOR SUPERLATIVES

MAURICE POWE

## BEST TWINS

MAYA POWE

NATE NEVEU

## BEST BROMANCE

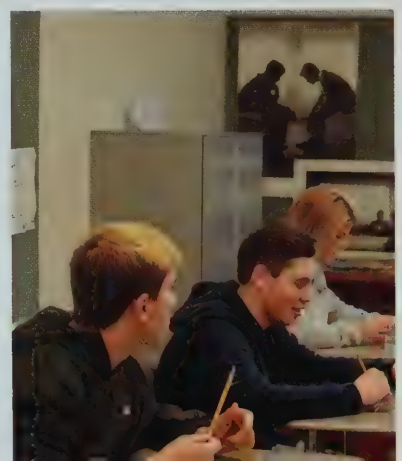
JOHN QUINLAN

ERIC THOR

## CLASS BEST FRIENDS

SOPHIE LEMIRE

# UNDERCLASSMEN 23



# 2C UNDERCLASSMEN

# Making a lasting impression.

***People may forget what you said, people may forget what you did, but people will never forget how you made them feel.***

-Maya Angelou,
civil rights activist

# Juniors Class of 2021

Advisors:
Karla Drake
Pat Magowan

Kaylee Achatz
Hannah Adams
Sontino Allentuck
Olatunji Alokolaro
Olivia Anderson
Natalie Antonucci
Allison Aron

Armen Asik
Patrick Bajek
Nina Barnett
Noah Barnett
Megan Baron-Pinkowski
James Barrett
Marjorie Black

Dimitry Blazy
Isibeal Borgea
Brenda Bouvier
Mitchell Brecht
Wesley Breed
Matthew Brooker
Elizabeth Brown

Laura Burstein
Jack Byrne
Marie Calabrese
Charles Calvanese
Michael Calvanese
Christopher Camerlin
London Cannon-Eckerle

Sabrina Cardaropoli
Perry Carman
Shelby Carman
Andrew Carrier-Pearce
Anthony Casabianca
Priyanka Chamaa
Sarah Chamberland

Rong Chen
Abigail Chiz
Preston Cloutier
Lily Corridan
Bella Costello
Thomas Coulouras
Nicholas Culver

# 21

**Officers:**
**Armen Asik, President** **Priyanka Chamaa, Treasurer**
**Sontino Allentuck, VP** **Maksim Tonyushkin, Secretary**

Olivia Cunningham
Michelina D'Agostino
Connie Dai
Elani Daigle
Michael Daly
Tanya Dang
Alexander Daviau

Brooke Days
Ted DeCosmo
Urvashi Desai
Edmund Desarro
Meghan Desrosiers
Ella Dietz
Wynne Dromey

Jayna Ducharme
David Dulaimy
Emily Dumeny
Conor Dunn
Elizabeth Dunne
Bridget Duquette
Owen Dzierzgowski

Jazmine Eadie-Dixon
Sadie Ehrenberg
Michael Emery
Eren Erden
Edward Erofeyev
Antonio Facente
Kathleen Fajardo

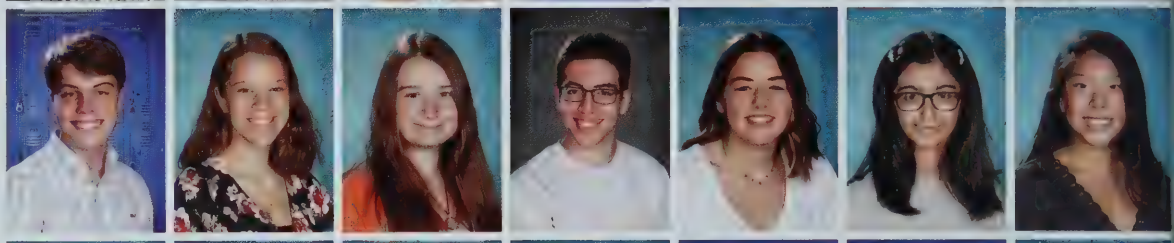
Mary Fallon
Avraham Felzenstein
Binyamin Fenster
Brendan Fitzgerald
Sara Flayhan
Erica Fontaine
Jacob Freedman

Michael French
Anna Garibian
Eleanor Gettens
Rose Gevanthor
Taylor Gitsas
Aaron Goldberg
Trevor Gonyea

Miriam Gousseynoff
Emma Griffith
Cole Guidrey
Anna Hadro
Christian Hammett
Carter Hanrahan
Kelsey Harris

Thomas Heap
Anne Heenan
Ellis Henry
Simon Higgins
Andrew Hines
Christopher Hiser
Colin Hoffman

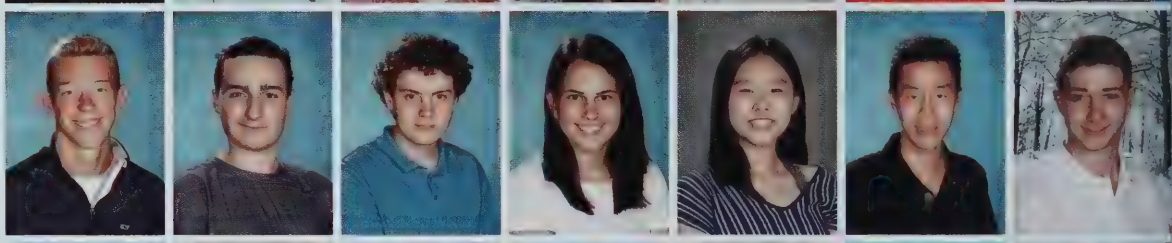
Max Horowitz
Evelyn Humphries
Rebecca Hundley
Sean Hurley
Ella Hutchins
Emily Ibrahimov
Jasmine Jia



Cole Johnson
Edward Johnson
Elizabeth Jones
Richard Joseph
Henry Joyner
Caitlin Judge
Moonis Kazi

Ian Kelly
John Kelly
Madison Khoury
Grace Kimball
Keely Kivel
Alexander Komaiszko
Carly Kratovil

Oliver Kroon
Vincent Leander
Brian Leverock
Grace Levin
Katherine Li
Thomas Li
Morgan Lilley



Meaghan MacDonnell
Megan MacElhiney
Brady MacLelland
Michael Mafuz
Christopher Mahoney
Nicholas Manitsas
Olivia Manning

Jeremiah Mantho
Anthony Marino
Charlie Marino
Dylan Marino
Ella Mathews
Kevin McAfee-Crowley
Aidan McGeary

Elizabeth McGeer
Luke McHugh
James McLaughlin
Reilly McLaughlin
Arushi Meharwal
Madelyn Messier
Audra Miller

Maeve Miller
Charles Miranda
McKenna Mirer
Cole Mitchell
Bradford Moccio
Chandler Morfit
Jake Moriarty

Trina Morrow
Benjamin Moss
Anthony Nguyen
Luke Norman
Samuel Ollari
Lucas Olson
Andrew Ortiz

Celina Osei
Victoria Osei-Owusu
Lauren Oundjian
Matthew Pacella
Veronica Paulson
Alyssa Peck
Ryan Peluso

Thomas Perez
Richard Pham
Carson Plaus
Alexandra Pohl
Cecelia Reed
Jacob Rice
Hailey Rivest

Camden Rodriguez-Shaw
Delaney Rodriguez-Shaw
Yasmin Rosewell
Katelyn Ryan
Leah Sabatini
Katerina Sanchez-Farina
Aquinnah Sandberg

Elizabeth Sangelo
Emily Sangkachand
Theresa Scolari
Meghan Shea
Sean Shea
Bilal Sheikh
Benjamin Sokolov

Nolan Srebnick
Samuel Taksar
Daniel Templeton
Stephen Tessier
Catherine Thomas
Cooper Thomas
Maksim Tonyushkin

Mairead Toole
Siobhan Toole
Charles Townsend
Nia Trajkovski
Emily Tran
Melissa Tran
Vincent Tranghese

Marisol Treble
Denny Truong
Madison Turpin
Collin Vasu
Miranda Vellenga
Sydney Walbridge
Elizabeth Walsh

Piper Weldon
Megan Weyer
Brianna White
Alexander Wun
Ainsley Yorns
Elisabeth Yorns
Shirley Yuan

Gloria Zhang
Steven Zicolella
Asher Zive

COSTUME

adidas

UCONN

LHS
HOCKEY

*It's clear that, this year, my class shares a common goal: to make high school the most memorable years of our lives. I will remember events such as the Sophomore Lock-In, and, of course, Semi. As the great Bill Gates once said: "The LHS Class of 2022 is a great class". Please don't look that up. He said that. I promise.*

-Sean Molden
Grade 10

# I will remember...

## Sophomores Class of 2022

Advisors:
John Pantuosco
Jess Moore

Colin Achatz
Alexander Agranat
Zimraan Ahmad
Ryan Amell
Ryan Anderson
Jack Arnold
Maria Attasi

Srisha Athreya
Jack Aveyard
Zoe Aveyard
Carly Baker
Sean Baker
Merrick Ball
Owen Bannon

Jonah Barresi
Ella Barton
Ava Basile
John Batchelor
Elsie Bennett
Aiden Bombard
Kayley Bone

Katarina Boskovic
Claudia Breed
Olivia Brown
Benjamin Buckovitch
Kha-Tu Bui
Tod Burns
Marissa Burstein

Madeline Bussolari
Austin Butt
Carlin Byrne
Nicholas Calvanese
Victor Carra
Ryan Casagrande
Aiden Cass

Christen Charles
Kathryn Chase
Vito Cocchi
Emma Coleman
Cyrus Colford
Celeste Connell
Alessandra Costello

# 22

**Officers:**

**Jonah Barresi, President**
**Peter Preston, VP**
**Edgar Gebhardt, Treasurer**
**Christen Charles, Secretary**

William Cournoyer
William Cowley
Robert Croteau
Christopher Cummings
Kitty Daniell
Felicia DaSilva
Marco DeBiasio

Parker DelGallo
Monica DeSouza
Sadie Diana
Zoe Diaz
Patrick Dinn
Maevince Dorotan
Aidan Douville

Olivia Dubois
Jack Dunaisky
Zachary Elfman
Lina Eves
Francesco Facente
Karl Fajardo
Kevin Fajardo

Ali Fatemi
Darby Fazio
Chloe Flack
Madeleine Foard
James Foster
Michael Freda
Marni Freedman

Anthony Furnelli
Gabriella Gauthier
Edgar Gebhardt
Edward Geier
Angela Gentile
Ariel Girshik
Alec Goode

Colin Goodhines
Katherine Goodhines
Riley Gordon
Donovan Gravel
Adam Greene
Kirat Grewal
Laura Griffiths

Suchit Gutta
Cole Haag
Elijah Hairston
Shea Hamel
Garrett Hanna
Robbie Harrington
Matthew Harty

Patrick Hefner
Martin Hernandez Vazquez
Jacob Hoffman
Liam Hunt
George Hurley
Lillian Jackson
Vincent James

Ian Jarosz
Emily Jarry
Madeline Jarvinen
Ryan Jewell
Anya Jordan
Isadora Jorgensen
Maxwell Kaeding

Michael Khoury
Logan Killeen
Landon Kinnear
Nina Kniska
Konstantinos Kollias
Elizabeth Komaiszko
Marissa Mia Kraez

Leonardo Kwasnik
Nicholas Lachapelle
John Lafleur
Alexander Lam
Michael Langieri
Brooke LaVallee
Evan Lenn

Abigail Lewis
Jenny Lewis
Tina Li
David Lindman
Georgia Lindman
Erin Lobik
Adam Low

Nora MacDonnell
Paige Magauran
Sophia Marchese
Samuel Mard
Ally Matz
Joseph McMahon
Nicholas Medeiros

Samantha Mengwasser
Mason Merchant
Chaelys Mills
Julia Miltenberger
Autumn Miranda
Mary Alice Miranda
Makayla Mirkin

Abigail Mirot
Maria Mishol
Kavi Mistry
Lea Mokwuah
Sean Molden
Emmett Morin
Logan Morris

Jocelyn Moss
Catherine Mulcahy
Ryan Mulderig
Danielle Mustain
Andrew Nam
Tina Nguyen
Margaret O'Connor

Griffin O'Shea
Jack O'Toole
Olivia Oakley
Adebola Odutola
Charlotte Orr
Adeline Osborne
Julia Paquette

Luke Pasterczyk
Jacob Pauze
Samuel Perry
Samantha Phillips
Olivia Poggi
Heidi Pohlman
Aleksandro Pozzuto

Peter Preston
Cameron Provencher
MaryKate Quinlan
Allison Ranger
Dylan Ratner
Robert Ravosa
Joshua Raynor

Sarah Renola
Ava Reppucci
Gordon Rhodes
Cooper Rich
Emily Richard
William Riess
Connor Rintoul

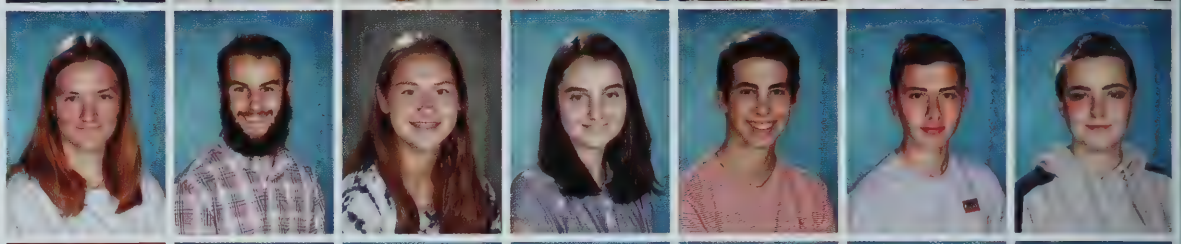
Alexander Rivera
Jasmine Rivera
Sophia Robbins
Gianna Rocca
Hannah Rooney
Sean Rosemond
Victoria Rossi

Ian Roumeliotis
Maeve Ryan
Samuel Santaniello
Jonathan Santarelli
Greta Scheff
Rachel Schwartz
Laura Sciarrino

Kathleen Scott
Megan Seeley
Brooke Sellica
ThankGod Setsoafia
Isabelle Shafiei
George Sidor
Theodore Silva

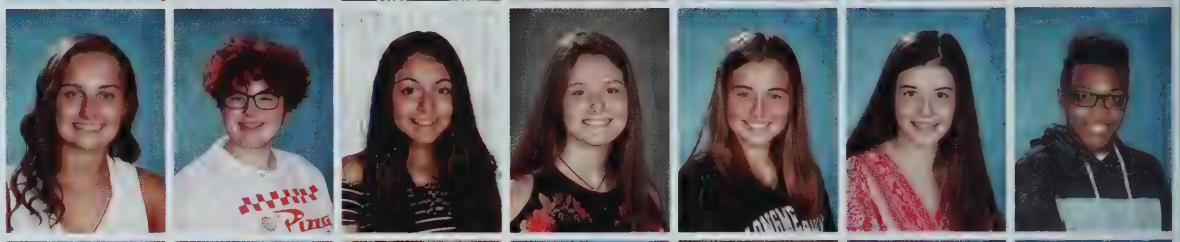
Luke Sklba
Caroline Smith
Madeleine Soukup
Lily Spencer
Breanna Steiger
Hayden Steinberg
Olivia Stepanian

Chloe Stevens
Dovid Stiefel
Lauren Stocks
Madison Sullivan
Matthew Sullivan
William Swanson
Mae Sweeney

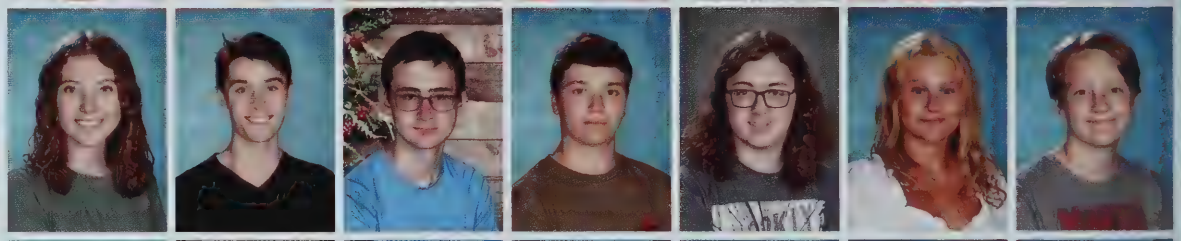


Gregory Szyluk
Luke Szyluk
Wyatt Tallaksen
Ryan Taulien
Faith Taylor
Daly Therrien
Hunter Thor

Lily Tracy
Guinevere Trznadel
Vivian Tsitso
Hannah Tyler
Caroline Upson
Erin Vasu
Jiovanni Walker

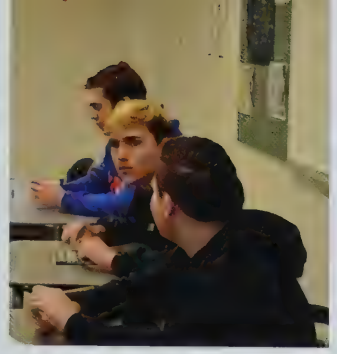


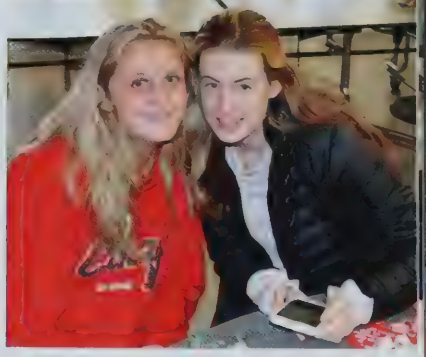
Helena Warchol
Mason Waterman
Michael Weagle
Samuel Weaver
Jacob Weiswasser
Emily Weldon
Peter Westhaver

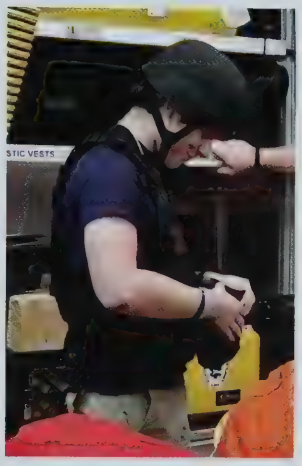
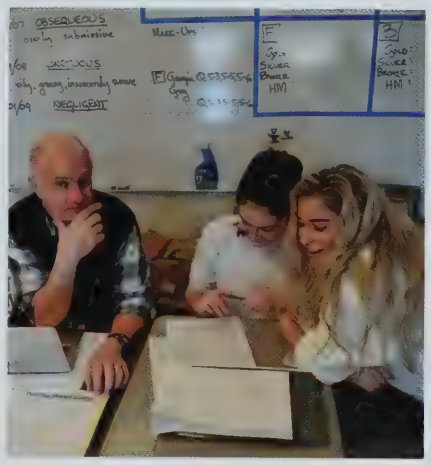
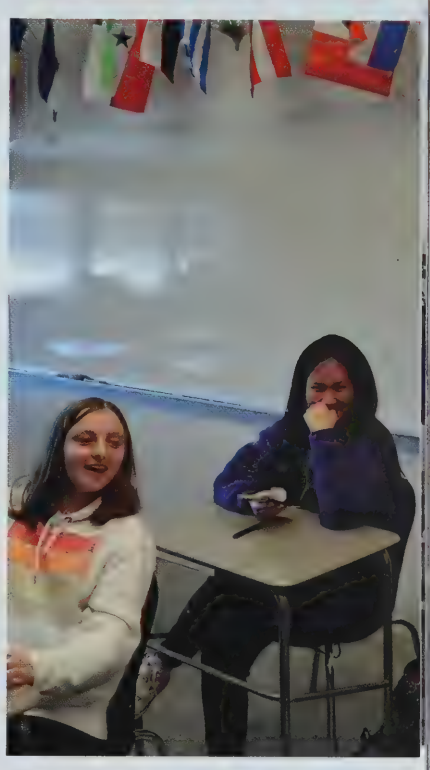


Jack Williams
Samuel Wisnouskas
Matthew Withroder
Monica Witoslaw
Carlie Woods
Brian Wright
Jackson Yesu

Alan Zavalunov
Keming Zhou
James Zicolella
Griffyn Ziegler
Aiden Keck
Lindsay Udell





*Freshman year is a time where we begin our search to find our place. Through the more social aspects of existence, we can explore who we want to be and who we want to be with. We come in all colors, shapes, and size and, somehow, we find our place. Each of us is a piece of the puzzle that is LHS.*

Massachsic (2008)

# Where do you fit in?

## Freshman Class of 2023

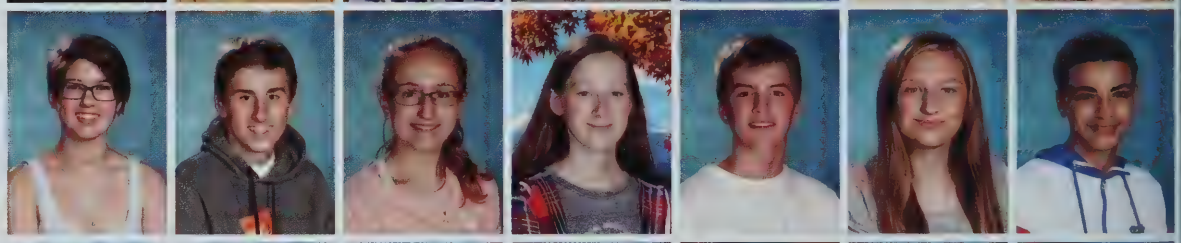
Advisors:
Angela Courchesne
Rob O'Connell

Nathan Adams
Taylor Aiken
Haybe Ali
Ireoluwaposi Alokolaro
Molly Anderson
Princess Anoje
John Antonopoulos

Ella Appell
Nicholas Arnold
Ahsan Awan
Briannah Axler
Sarah Baick
Chrisitina Barrett
Paul Barrett

Dimitri Beach
Emma Beliveau
Jack Beliveau
David Bell
Gavin Bell
Ava Bergeron
Lily Blais

Audrey Borgea
Maksim Boskovic
Kaileigh Brosnan
Katherine Bruderman
Colin Brunette
Bridget Burke
Greyson Cage



Kate Campbell
Nicholas Carterud
Kyle Ceccotti
Jade Chaffee
Curtis Chase
Audrey Chasen
Leo Chiz

Susiena Choi
Samantha Choquette
Samson Cianfaglione
Ryan Clark
Daegan Connolly
Shelby Cooney
Declan Corliss

# 23

**Officers:**
**Ronald Lin, President**
**Riya Sandler, VP**
**Timmy Pacella, Treasurer**
**Hamna Mustafa, Secretary**

Benjamin Corvin
Thomas Cosgrove
Braden Costas
Anthony Coulouras
Cameron Courchesne
Anthony Curzio
Xander Cyranowski

Bibi Daniell
Anderson Davis
Kyleigh DeCosmo
Allison DeMarco
Faye Desarro
Aiden DeWolf
Aidan DiBlasio

Noa DiTusa
Cole Dobosz
Kyrsten Dorotan
Avery Dumeny
Brenna Durkin
Ryan Dzierzgowski
James Eisenhaure

Skyler Ellis
Evelyn Erofeyev
Rebecca Ezer
Joseph Fallon
Gavin Fazio
Brady Fellows
Michael Fitzgerald

Charles Franco
Jared Fritz
Rachelle Gaudreau
Sierra Geiger
Julianne Gelinas
Dominic Giampietro
Anna Gorfinkel

Owen Griffith
Kate Grinstead
Maya Grochowska
Murphy Haber
Avery Halpern
Eduard Haney
Coleson Hanrahan

Nolan Hardaker
Riley Harrington
Darren Healey
Jordan Healy
Zack Healy
Caroline Henry
Gabriel Higgins

Ryan Hornyak
Nina Hutchins
Saif Isa
Muktha Iyer
Antonio Izzo
Gareth Jones
Gillian Joseph

Faraz Kabir
Sydney Kasperowski
Joseph Keenan
Meghan Kelly
Gabrielle Kingston
Olivia Klaczak
Christopher Koran

Frederic Koran
Foster Kroon
Frank Langone
Maya Lauterbach
Joseph Leander
Parker Leary
Aidan Lewis

Nichole Li
Zhenghao Li
Luke Liang
Karla Liard-Rivera
Jibin Lim
Ronald Lin
Bryant Lopes

Elizabeth Luo
Kaitlyn Lynaugh
Evan Lyons
Emily Macdonald
William Mathews
Wyatt Mathis
Kenna McCarthy

Callum McFarlane
Liam McGeary
Aidia Melcher
Camden Mellis
Joseph Mikaelian
Allen Miles
Jordan Mills

Jacquelyn Miltenberger
Gracelyn Miranda
Mollie Miranda
Carter Mirer
Grace Mirhej
Mitchell Monday
Louis Montanari

Hamna Mustafa
Vinayak Nair
Felicite Neveu
Tobias Nicholls
Brendan Nkwenti
Julianna Norgren
Liam Nowak

Jane O'Connor
Thomas O'Donnell
Audrey Oh
Roxanne Oh
Mia Ollari
Piper Olson
Tyler Ong

Timothy Pacella
Callia Pappas
Diya Patel
Ramsis Patzan
Catherine Pelliccia
George Perry
Ethan Phillips

Duke Pho
Grace Pinkham
Fallon Piper
Hayden Pohl
Liam Porcello
David Prickett
Abigail Rajczewski

Ireland Reed
Mackenna Reynolds
Mikaela Reynolds
Julia Rice
Finnean Richardson
Reece Robbins
Alessandro Rocco

Westley Roguz
Katherine Romoser
Hannah Rosenman
Jessica Ruglass
Brady Russell
Giovanni Russo
Max Russo

Regan Ryczek
Michael Sadowski
Daniella Sandler
Riya Sandler
William Sarnelli
Daniel Shea
Emsalem Sheridan

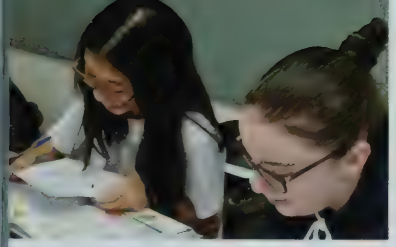
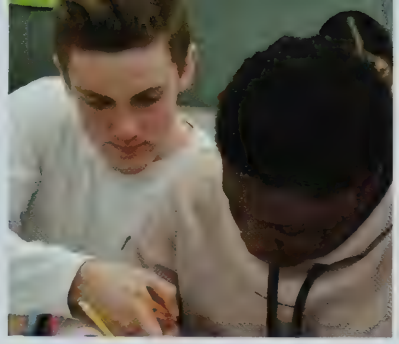
Kylee Smith
Abigail Stechmann
Celia Steiger
Harrison Stratton
Shane Szubelick
Brian Tai
Conor Tashjian

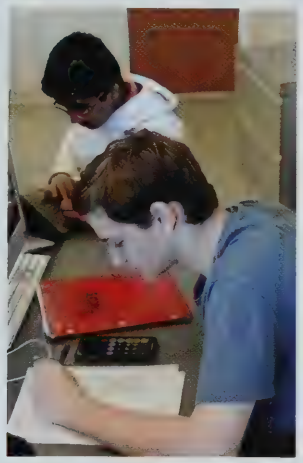
Alexander Thomas
Carly Thompson
Joseph Tranghese
Lauren Upson
Lucia Vega
Melanie Vehse
Dominic Veratti

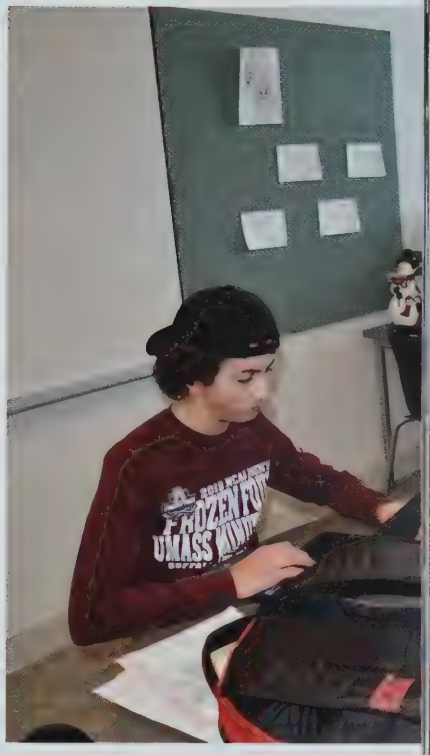
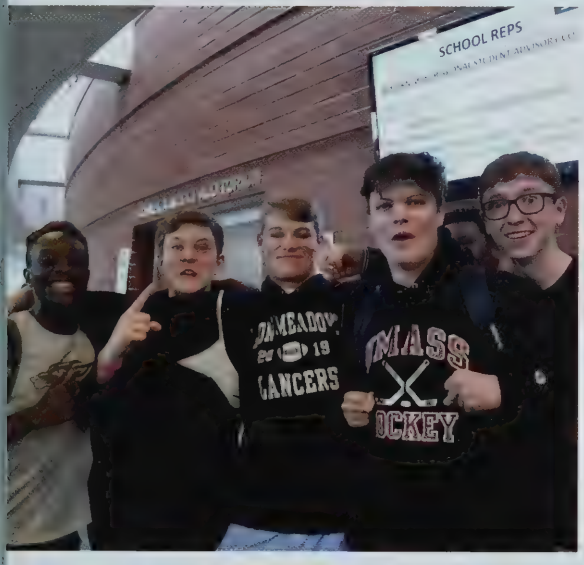
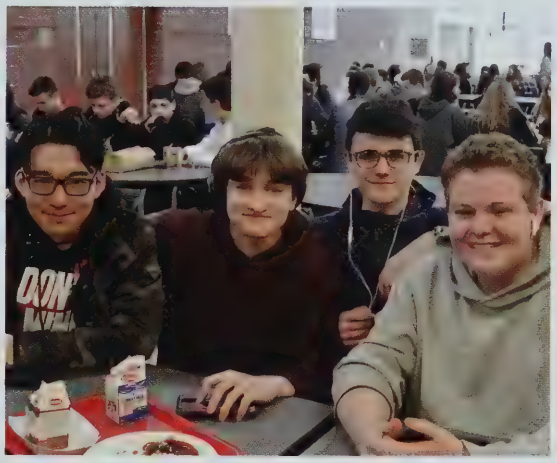
Isabella Viereck
Eli Vinci
Shawn Vo
John Walczak
Quinn Wall
Meghan Walsh
Nicholas Warren

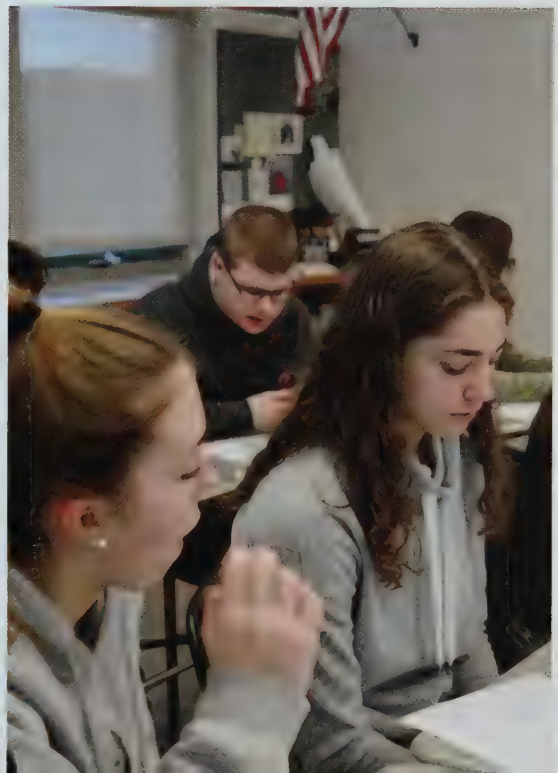
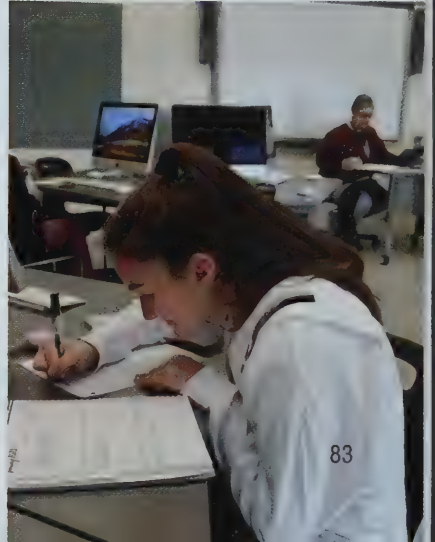
Zachary Westhaver
McKenna Williams
Aladi Williams-Estevez
Anthony Williams-Estevez
Amelia Wray
John Wright
Jacob Wu

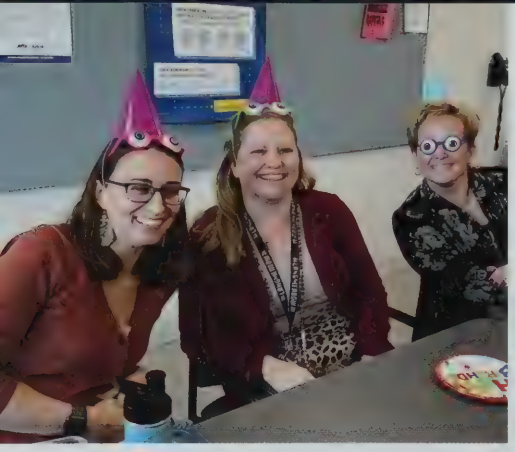
Kirsten Zamirowski

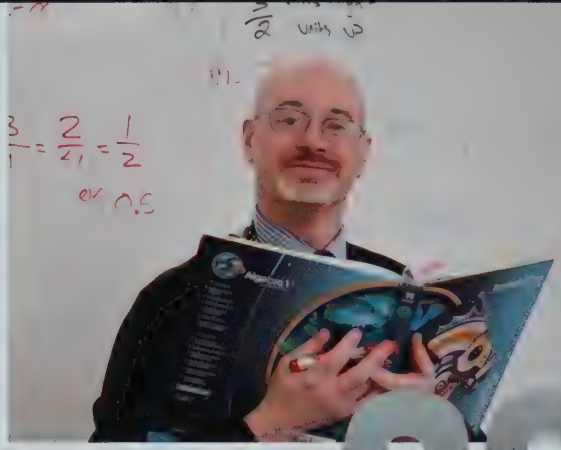



LONGMEADOW
FOOTBALL




SCHOOL REPS


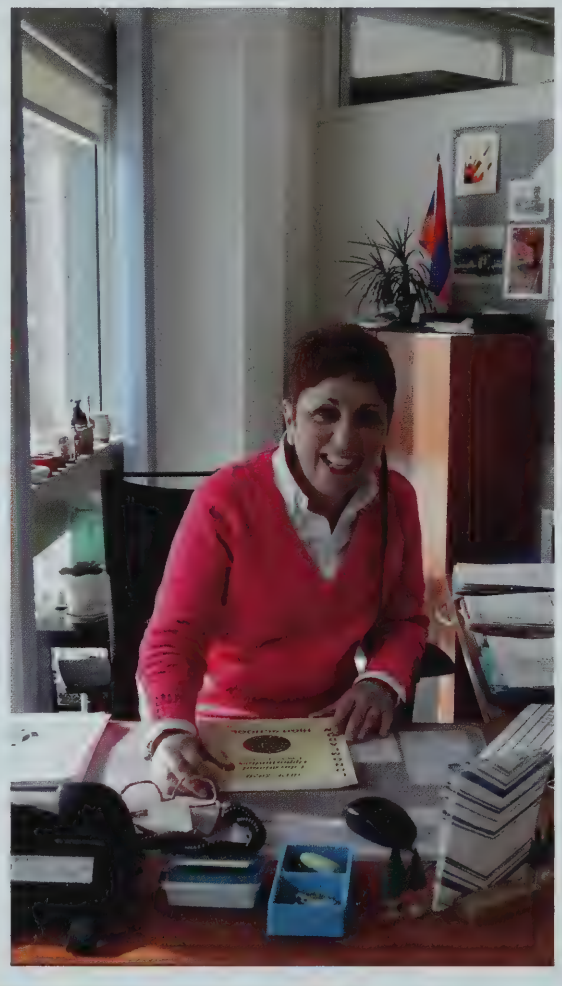
PLASTI





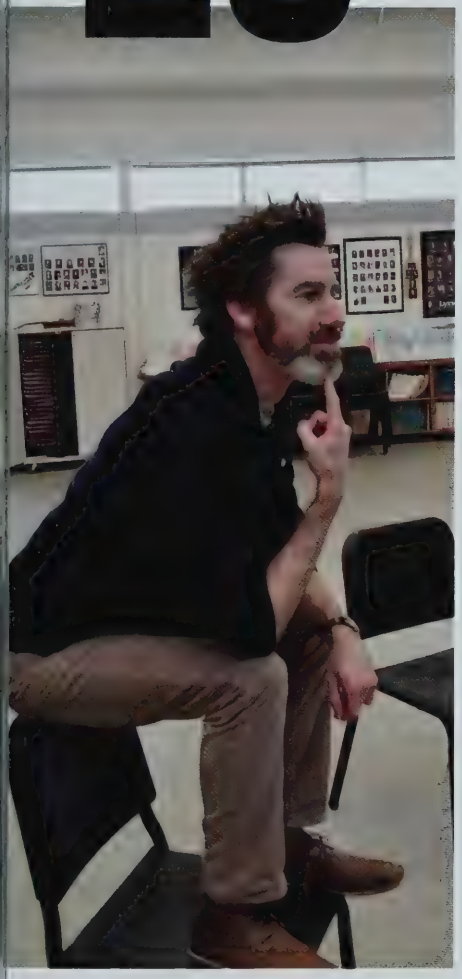
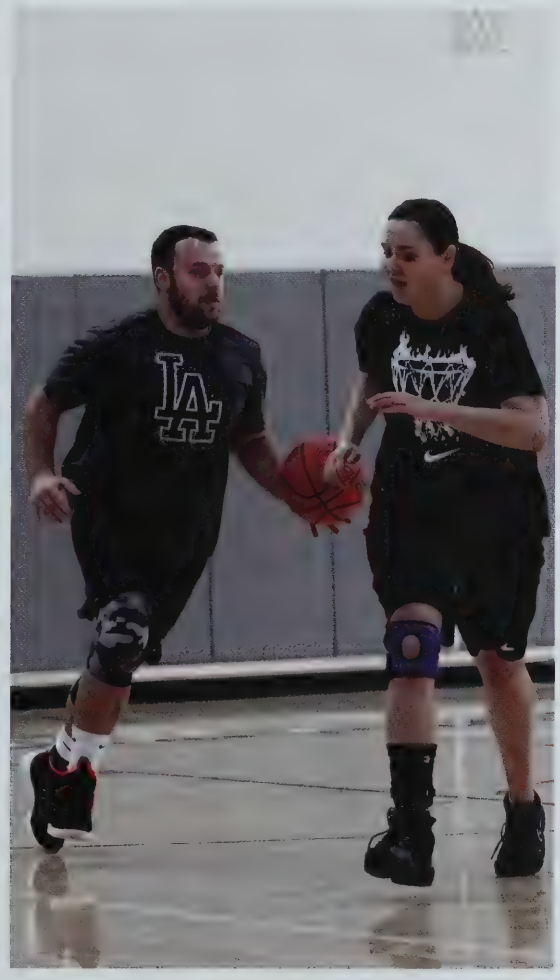
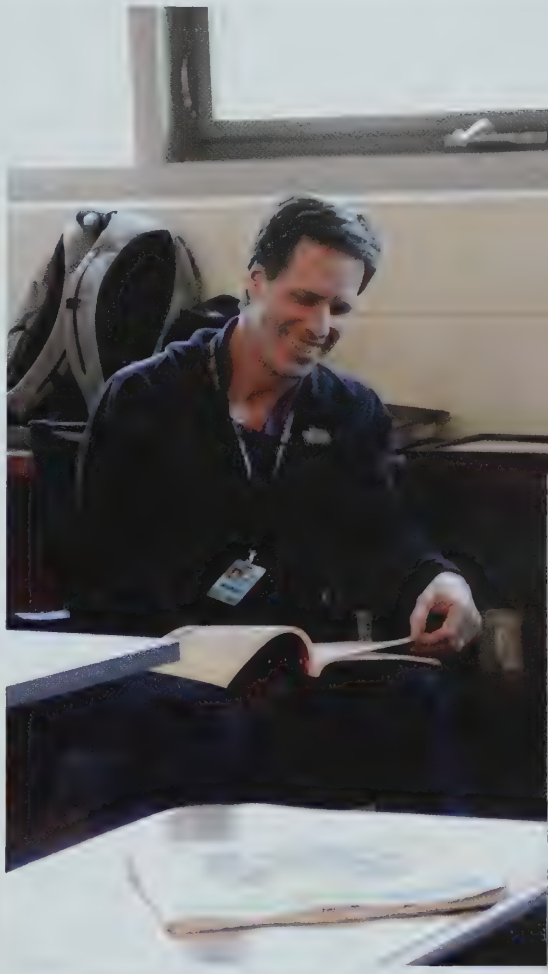


# FACULTY AND STAFF

# 23



# 2C FACULTY AND STAFF

# FACULTY AND STAFF

**Principal**
Thomas Landers

**Assistant Principal**
Paul Dunkerley

**Assistant Principal**
Lisa Efstratios

Lisa Abbott
Jill Adkins
Ruthann August
Suzanne Baker
Yvonne Balaban
Betsy Baldwin
Julie Betancourt

Greg Bonacker
Deborah Callahan
Melissa Candon
Michael Capotosto
Pamela Chaplin
Erin Cotbett
Mark Cormier

Angela Courchesne
Lauren Crafts
Alisson Cross-Lopez
Karen Cuthbert-Mikalunas
Michael Czupryna
Carol Daigle
Jennifer Daly

Mary Davis
Natalie de Gruyl-Burns
Kelsey Deary
James Dibbern
Mary Dillon
Karla Drake
Patricia Dussault

Kathleen Epaul
Michael Evitts
Barbara Ezer
Maryann Farrell
Katherine Fedorov
Laurie Ferreira
Gideon Fischer

Christina Fisher
James Flaherty
Matthew Flanagan
Julia Fournier-Rea
Michael Framarin
Catherine Giampietro
Catherine Gizelis

Hilary Godin
Mariel Gross
Michael Gulden
Scott Halligan
Rita Hawker
Eric Howard
Amy Ingraham

Pauline Jacek
Sara Jasak
Aaron Keller
Tracy Kelley
Kerry Kennedy
Christine Kervian
Meredith Laughlin

Scott Layman
Daniel Liese
Scott Little
Karen Locke
Jennifer Lynch
Donna Lyons
Sandra Macdonald

Patrick Magowan
Mary Manes
Katherina Mard
Alice Marino
Wendy Martin
Linda McCormick
Victoria McDonald

Maria Mendez
Victoria Metz
Jessica Moore
Rosemarie Moriarty
Robert O'Connell
Karen Omartian
Elizabeth O'Shea

Lois Ostrander
John Pantuosco
Heather Pollard
Janine Preston
John Rauseo
Karin Riordan
Michael Rosemond

Denise Rossi
Meaghan Roy
Joseph Rusenko
Lisa Russo
Bethanie Sawyer
Allison Schlachter
Megan Schwartz

Joanne Sleigh
Marianne Smith
Stacy Smith
Lori Snyder
Karen Sprinthall
Nicholas St. George
Mark Staples

Dawn Striker
Joseph Sweeney
Lyn Szostkiewicz
Arthur Thovmasian
Kristen Tranghese
Susan Turcotte
Justin Valley

Lorraine Vassilopoulos
Stewart Walker
Shelly Warren
John Weaver
Matthew Webber
Jonathan Weil
Robert Weir

Kathleen Wells
Kayla Werlin
Mary Wesolowski
John Williams
Tanner Williams

# Custodians

Front Row: Alex Strevel, Marty Boboweic, Roy Hundley.
Back Row: Xhemail Ahmeti, Kafui Kro, Jerry Murphy.

# Library

## Math Department

## Pupil Services Department

## Science Department

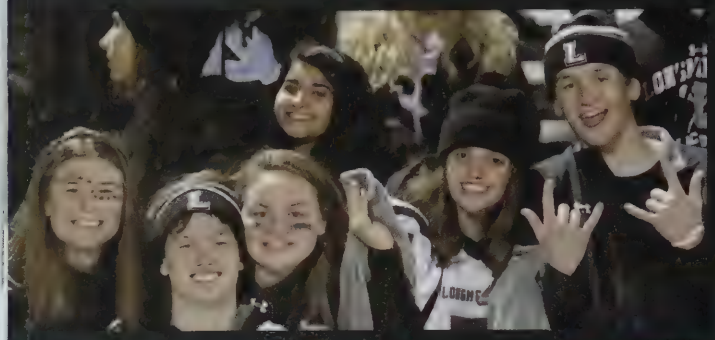
## Counseling Department

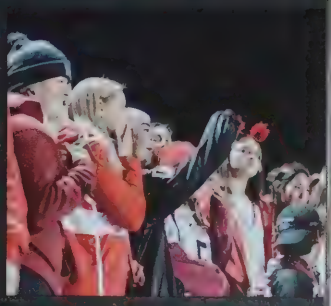
## History Department

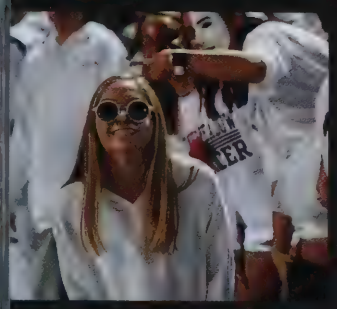
# SPORTS

# 2C SPORTS

# welcome to...







# the BLACKHOLE

# CHEERLEADING

First Row: Rachel Perry, MaryJane Ditmar. Second Row: Jordan DiTusa, Madison Moses, Madison Dion, Linnea Piper. Third Row: Caitlin Blanchette, Jocelyn Moss, Lily Schneider, Sara Flayhan, Eva Sweeney, Nina Barnett.

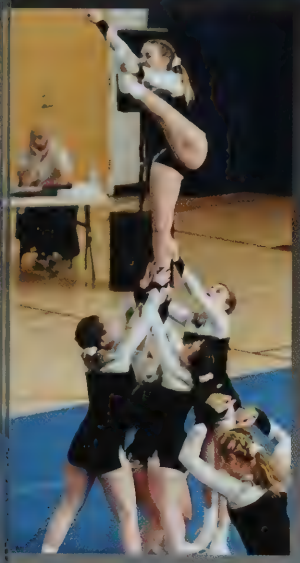
## CAPTAINS

This has been a big transition year for us as a team, and the challenges that we've faced have only brought us closer together. We are so grateful for everyone's hard work and dedication this season. You make being a captain so easy. Thanks for a great year.

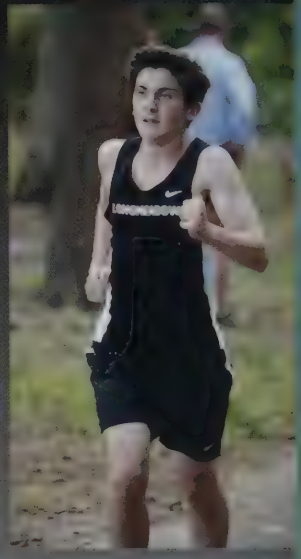
-MJ and Rachel

Rachel Perry, and MJ Ditmar

2008
BASEBALL
2012
2019



LHS
#52
HUNTER
#6



# BOYS CROSS COUNTRY

First Row: Nathan Adams, Frank Langone, John Antonopoulos, Colin Brunette, Joseph McMahon, Kyle Ceccotti, Joseph Leander, Gavin Fazio. Second Row: Armen Asik, William Cowley, Christopher Cummings, Aiden Cass, Edgar Gebhardt, Jonah Barresi, Zachary Elfman, Ryan Casagrande, Zimraan Ahmad, Emmett Monn, Peter Preston, Nicholas Manitsas. Third Row: Wesley Breed, Nicholas Culver, Sontino Allentuck, Owen Dziergowski, Charles Townsend, Tommy Li, Arend Desarro, Edmund Desarro, Carson Plaus, Colin Vasu, Mitchell Brecht, Eren Erden. Fourth Row: Daniel Atassi, Nolan Vuon, Joshua Orujev, Jared Ezer, Menashe Fenster, Zain Hassan, John Quinlan, Nathaniel Sullivan, Samuel Barresi, Wynton Jarvinen, Owen McGeer. Not Pictured: Kevin King, Michael Daly, William Mathews.

## CAPTAINS

Armen Asik, Sontino Allentuck, Wynton Jarvinen, Sam Barresi, Tommy Li, John Quinlan

We are beyond proud of our team for their dedication to the sport, sportsmanship during meets, and their outstanding performance throughout the season. We are at the beginning of something great! Especially coming close as a team for the first time in 12 years. Let's make it a season to [illegible]

— [illegible] Tommy Li and John

# GIRLS CROSS COUNTRY

First Row: Natalie O'Connor, Noemi Colon, Grace Levin, MaryKate Quinlan, Rebecca Ezer, Madison Sullivan, Carly Kratovil, Jane O'Connor, Elizabeth Luo. Second Row: Megan MacElhiney, Elizabeth McGeer, Esther Muhlmann, Evelyn Humphries, Darby Keaney, Mairead Toole, Ella Matthews, Eleanor Getteris, Meghan Desroisers, Madison Khoury, Nichole Li. Third Row: Shea Hamel, Keming Zhou, Erika Rehbein, Siobhan Toole, Caroline Stratton, Eugena Choi, Katarina Boskovic, Sadie Ehrenberg, Jae Cummings, Jade Chaffee. Back Row: Charlotte Orr, Hannah Rooney, Wynne Dromey, Grace Kimball, Erin Vasu, Ella Barton, Srisha Athreya, Breanna Steiger, Anna Hadro, Maeve Shea. Not Pictured: Jayna Ducharme, Erika Rehbein, Carlie Woods.

## CAPTAINS

We wanted to thank our team for making our cross country seasons so much fun. The friendships that were created will last far beyond our high school years. We were honored to be selected as your captains and lead this team. We created many memories that we will always have and we are so lucky to have had a great team full of talent. Remember to be yourself and have fun with the sport you love.

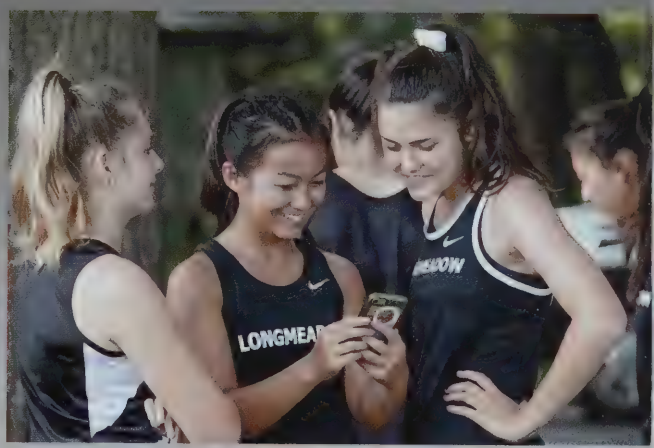
Natalie, Esther, Jae & Caroline

Jae Cummings, Natalie O'Connor, Esther Muhlmann, Caroline Stratton

LONGMEADOW

LONGMEADOW

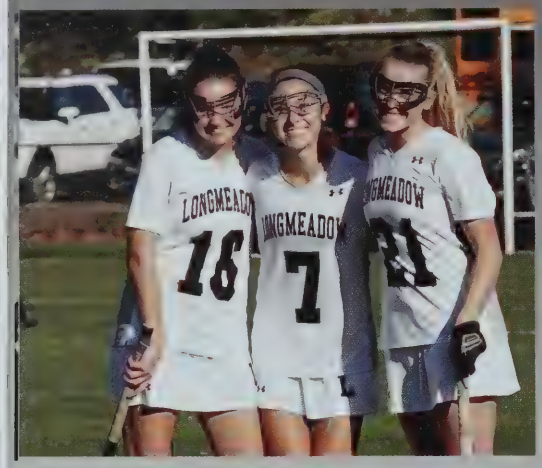
139
134



LONGMEADOW
XC

LONGMEADOW

CONGRATULATIONS ON 500 WINS!
LOVE


LONGMEADOW
16
7

# FIELD HOCKEY

Front Row: Kelly Conway, Kaitlyn Ryczek, Emma Karamian, Jackie Frank, Kendall Vazquez, Ashley Barron, Audrey Oh
Second Row: Ella Dietz, Sarah Chamberland, Leah Sabatini, Megan Baron-Pinkowski, Olivia Cunningham, Elisabeth Yorns, Megan Weyer, Kaitlyn Lynaugh. Third Row: Anne Heenan, Mary Fallon, Ellis Henry, Caroline Upson, Kelsey Harris, Elizabeth Dunne, Ainsley Yorns, Riley Harrington, Meghan Walsh.

## CAPTAINS

Jackie Frank, Kendall Vazquez, Ashley Barron

We had a great season this year, we accomplished many goals as a team and worked to redeem our previous season. This season we exceeded our fundraising goals, overcame injuries, and reached our Coach's 500th win. We are proud of our incredible teammates and their work ethic this fall. We want to thank our coaches for always pushing us, and craft us into strong, powerful players and women. Our team synergy was the driving force to such a successful season, the ability to bond and play as a cohesive unit made our team into a family. We ultimately wished the outcome was different but our last game does not reflect our entire season of hard work. Thank you Irish 2019, we were honored to be your captains and we will miss you.

# FOOTBALL

First Row: Tanner Gregori, Christian Winkler, Eric Thor, Maurice Powe, Tyler Case, Sean Tashjian, Will Crews, Shane Woods, Adam Hanna, Sanhit Gutta, Lachlan Berry. Second Row: Hunter Thor, James McLaughlin, Michael Mikaelian, Nate Burt, Chris Coughlin, Nate Hunter, Tommy Heap, Dylan Marino, Pat Bajek, Colin Hoffman. Third Row: Greg Szyluk, Mason Merchant, Sam Mard, Robbie Harrington, Jack Aveyard, Noah Barnett, Luke Szyluk, Jack O'Toole, Ryan Jewell, Anthony Casabianca. Fourth Row: Sam Perry, Liam Hunt, George Sidor, Andrew Nam, Christen Charles, Griffin O'Shea, Michael Langieri, Garrett Hanna, David Lindman, Logan Killeen. Fifth Row: Jacob Pauze, George Hurley, Marco DeBiasio, Wyatt Tallaksen, Suchit Gutta, Martin Hernandez Vazquez. Not pictured: Nick Carterud

## CAPTAINS

As captains, we have had a great experience playing football for Longmeadow and are sad it has come to an end. We have created many memories and friendships over the years. We have had our low moments and our high moments winning Western Mass and being the best of all. If we could tell the underclassmen one thing it would be don't blink because it will be gone before you know it. Work hard and it takes heart, dedication, teamwork, discipline, and hours to win football games, but also to make [illegible]

Tyler Case, Sean Tashjian, Maurice Powe

59
45

58
45

52

52

63
50
52

56
16

52

# GOLF

First Row: Joseph Fallon, Alexander Lam, Dominic Giampietro, Vincent Tranghese, Christopher Camerlin, Liam McGeary, Steven Zioclella. Second Row: James Zioclella, Theodore Silva, John Wright, Justin Brayton, Aiden McGeary, Antonio Facente, Benjamin Sokolov, Connie Dai.

## CAPTAINS

Justin Brayton and Chris Camerlin

On behalf of Justin and I, this Golf season was great. It was filled with many memories that will last a lifetime. Although golf is an individual sport, it seemed like we were all working together towards the goal of winning a Western Mass title. We came in second by 1 shot last year so we really wanted to come out there and win it. With all the hard work both at practice and in each match, we were able to pull it off. So on behalf of Justin and I we would like to thank our players and our coaches for a great year!

Justin & Chris

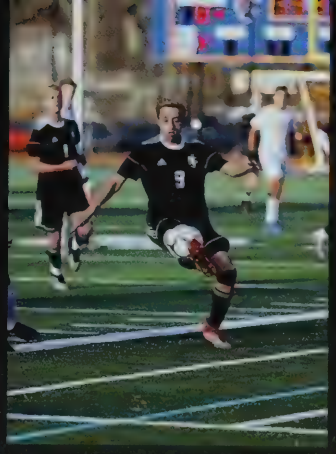
# BOYS SOCCER

First Row: Max Aveyard, James O'Connor, Liam Knowlton, Mike Willis, Joe Cardaropoli, Jared Smith, Nishant D'Souza, Owen Bradwshaw. Second Row: Brad Moccio, Luke Hornyak, Braeden Tanzer, Quinn McGrath, Billy Albano, Aidan Bone, Andrew Healy, Nolan Perna, Andrew Ortiz. Third Row: Jack Kelly, Colin Achatz, Devin Rotto, Colin Goodhines, Ryan Muldenig.

## CAPTAINS

As three and four year varsity soccer players and now captains, we have seen many ups and downs in our soccer careers. However, this season stood out more than all of the rest. We made history by becoming the first Longmeadow Boys Varsity Soccer team to go undefeated as well as winning the State Championship. Our record was 22-0-1 and we couldn't be any more proud of this team. As captains, we pushed them very hard and they stood up to the test and never [illegible] in quitting. The bond we had with these boys was [illegible] and was undoubtedly a key component of our [illegible] this year. If we had one piece of advice for future captains, it would be to make sure you lead by example and show respect for your [illegible] and opponents. Also, try to create a sense of camaraderie [illegible]

Liam Knowlton, Mike Willis, Joe Cardaropoli, Jared Smith



# DIVISION I STATE CHAMPIONS

# GIRLS SOCCER

First Row: Caroline Barbieri, Alexa Weyer, Ilana Kofman, Lilly Tabb, Rebecca Rothstein, Francesca D'Agostino.
Second Row: Margie Black, Delaney Rodriguez-Shaw, Yasmin Rosewell, Rose Gevanthor, Bridget Duquette, Mackenna Reynolds. Third Row: Mikaela Reynolds, Elizabeth Walsh, Nia Trajkovski, Lauren Stocks, Brooke Sellica, Kate Campbell, Catherine Pellicca, Michelina D'Agostino, Sarah Renola.

## CAPTAINS

Rebecca Rothstein, Alexa Weyer, Lilly Tabb, Ilana Kofman, Caroline Barbieri, Francesca D'Agostino

This soccer season has meant a lot for the growth of the girls soccer program. Our team adjusted very well to the introduction of our great new coaching staff and the coaches helped push us to become better as both players and individuals. As seniors, we stressed the importance of constantly working hard and being there for each other on and off the field. We are so thankful to have gotten to play with an amazing group of underclassmen who are all very driven, energetic and ready to work. They have made this season unforgettable and full of great memories. We can't wait to see where their dedication and team mentality takes them and will proudly cheer on Hilltop more memories with our second family.

# VOLLEYBALL

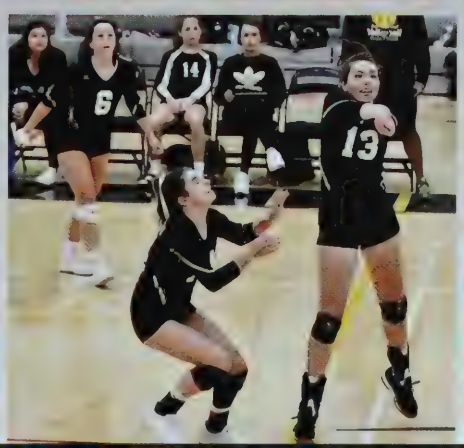
First Row: Josie Sarno, Leah Gorfinkel, Vera Beznos, Bridgette McAndrews, Julia Cardaropoli. Middle Row: Sydney Walbridge, Lilly Swanson, Haleigh Cole, Caroline Davis, Caitlin Brunette, Lanelle Garcia. Second Row: Ariel Girshik, Bella Costello, Laura Griffiths, Emily Sangkachand, Shelby Carman, Alexandra Pohl, Maria Mishol. Not Pictured: Lyssa Tyler.

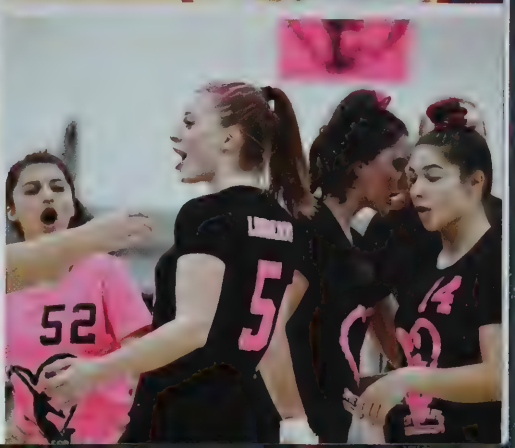
## CAPTAINS

Vera Beznos, Julia Cardaropoli, Bridgette McAndrews, Josie Sarno, Leah Gorfinkel

WELCOME TO
LONGMEA
HIGH SCH

WELCOME TO
HIGH SCHOOL





LANCERS
2
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LANCERS

LANCERS

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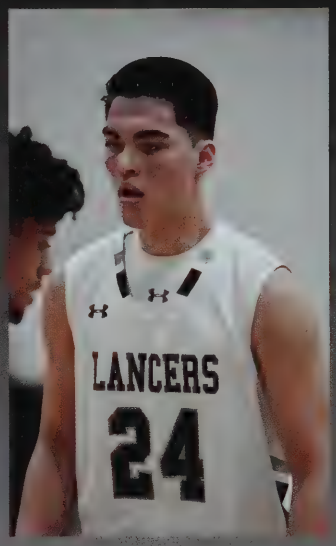
3


LANCERS
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LANCERS
23

20

LANCERS
11

2

WEST SIDE
30
TERRIERS
LANCERS
1

3
WEST SIDE
1

# BOYS BASKETBALL

First Row: Joe Cardaropoli, Devin Roffo, Ben Levin, Joseph Kang, Logan Pohl. Second Row: Jack Arnold, James McLaughlin, Andrew Ortiz, Luke Pasterczyk. Third Row: AJ Miles, Colin Hoffman, Nick Carterud, Brad Moccio, Cam Rodriguez-Shaw, Coach Murphy.

## CAPTAINS

Joe Cardaropoli and Ben Levin

This season we were able to maintain a record of 13-7 and land ourselves the second seed in playoffs. We would like to thank all of our coaches and teammates for making the last four years so memorable.

Joe & Ben

# GIRLS BASKETBALL

First Row: Alex Pohl, Nia Trajkovski, Grace Levin, Ally Matz, Ella Hutchins, Gillian Joseph, Gabby Kingston. Second Row: Ilana Kofman, Julia Cardaropoli, London Cannon-Eckerle, Lea Mokwuah, Hanna Minardi, Olivia Brown.

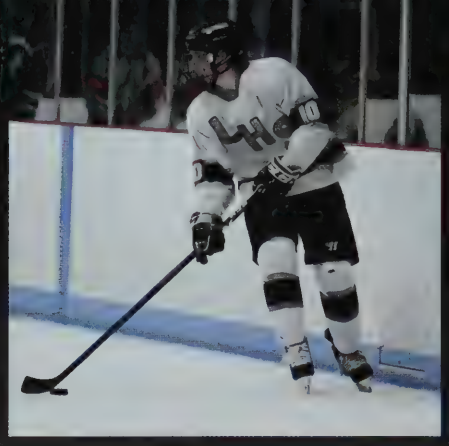
## CAPTAINS

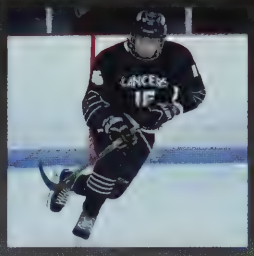
Julia Cardaropoli, Hanna Minardi, Ilana Kofman

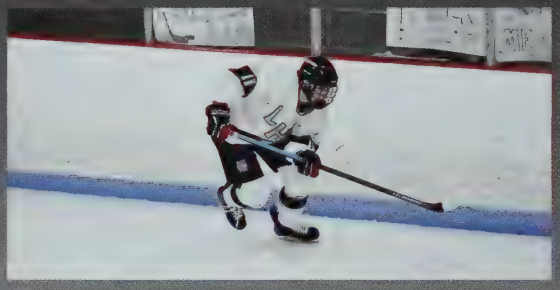
LANCERS
22

SPARTANS
32

LANCERS
24
LANCERS
22
LANCERS
23
LANCERS
11







# DIVISION III STATE CHAMPIONS

# BOYS HOCKEY

First Row: Robby Croteau, Richard Joseph, Cole Guidrey, Adam Low, Luke McHugh, Dimitri Beach, Connor Rintoul, Liam Byrne, Simon Higgins, Ryan Dzierzgowski, Sam Weaver, John LaFleur. Second Row: Coach Joyce, Michael Mikaelian, Nick Medeiros, Nicholas Yevsyuk, Teddy DeCosmo, Michael Carroll, Christian Hammett, Sean Baker, Videep Vemulapalli, Chris Salwen, Michael Bonavita, Coach Melikian.

## CAPTAINS

Luke McHugh and Liam Byrne

I've really enjoyed playing LHS Hockey for the past four years. The brotherhood on this team is unlike anything I've ever experienced. I'm extremely proud of our accomplishments as a team this year after losing thirteen seniors last year, we've come a long way, further than anyone would have ever expected us to. Winning the Western Mass championship twice and technically being a state champion are the greatest hockey moments to me. I will never forget all the memories that were made, and all the friends that I've made the last four years will really miss playing hockey for Longmeadow. Not much else compares to playing hockey for your town. I wish all the underclassmen good luck in the future and my advice to them is to soak in all the memories because four years went by in the blink of an eye. I would do anything to play in a game or practice just one more time. I would also like to thank all my coaches, family and friends for [illegible] — Liam Byrne

# GIRLS HOCKEY

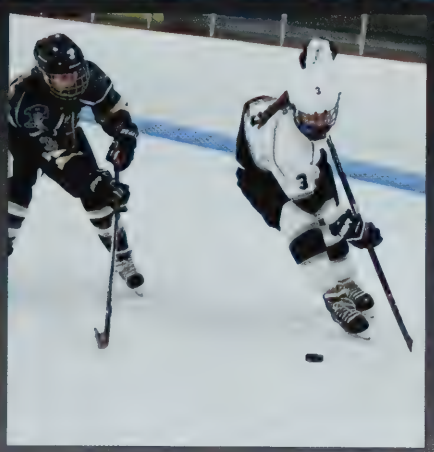
First Row: Mackenzie Rae, Madison Gallant. Second Row: Lexi Pfalzgraf, Nina Cuccovia, Maddy Manser, Camryn Scanlon, Sydney Tenczar, Joey Typrowicz, Anna Chrisanthopoulos, Jill Croteau, Kayla Russ. Third Row: Jane O'Connor, Ashley Barron, Alyssa Warren, Jordan Kowalski, Abby Hartley, Regan Donohue, Samantha Scanlon, Madison Fox, Aubrey Welch.

## SENIORS

Over the past 4 years the girls hockey team has provided us with many unique experiences. Being a part of a team with girls from all over the area and constantly traveling has allowed us to form relationships unlike any other. These relationships will last a life time and while the hockey has been great and we have accomplished many [illegible]. The [illegible] friendships are what is truly sentimental.

[illegible] and Ashley

Jill Croteau, Ashley Barron



9
EASTON
HS
LANCER
HOCKEY

4
10

LONGMEADOW
391
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LONGMEADOW
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LONGMEADOW
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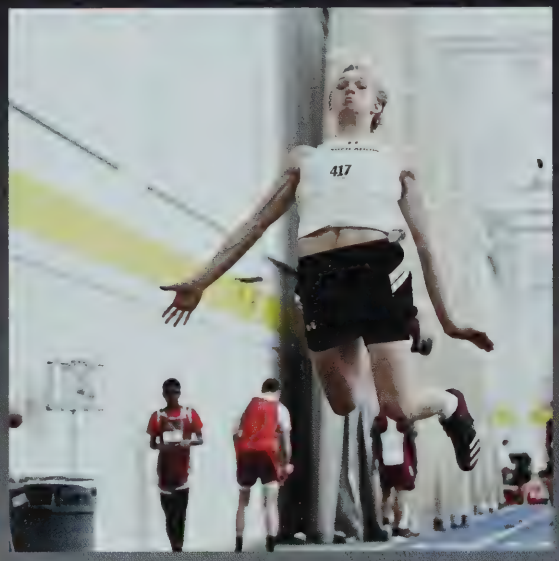
391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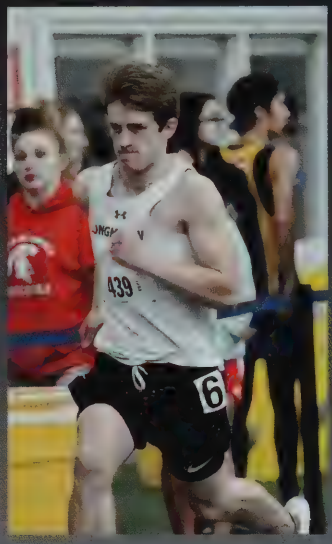
439
6

440

LONGMEADOW
418

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12
LONGMEADOW
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LONGMEADOW
412

# BOYS INDOOR TRACK

First Row: Merrick Ball, Sean Hurley, Owen Bannon, Tommy Li, Nate Sullivan, Quinn McGrath, Chris Johns, Matt Smith, John Quinlan, Maurice Powe, Maksim Tonyuskin, Armen Asik. Second Row: Ramses Patzan, Kirat Grewal, Aiden Douville, Tobias Nicholls, Anderson Davis, Anthony Coulouras, Jonah Barresi, John Santarell, Edgar Gebhardt, Michael Daly, Carson Plaus, Steven Zicolella, John Antonopoulos. Third Row: Dan Sean, Kyle Geovanni, Samuel Wisnouskas, Nick Calabrese, Westley Roguz, Fred Koran, Foster Kroon, Matt Withrober, Brian Wright, David Prickett, Coach Pantuosco. Fourth Row: Coach Kervan, Jiovanni Walker, Josh Raynor, William Rees, Cameron Provencher, Alan Zalalunov, Duke Pho, Liam Porrell, Gavin Fazio, Jordan Mills, Will Mathews, Leo Chiz , Coach Webber. Not pictured: Billy Albano, Alex Tuttle, Oliver Kroon, Vincent Tranghese, Colin Vasu, Dan Templeton

## CAPTAINS

Nate Sullivan, Quinn McGrath, Chris Johns, Matt Sullivan, John Quinlan, Maurice Powe

We want to thank all our teammates and coaches for giving us the opportunity to lead this year. The indoor track season was eventful and filled with so many awesome memories. Track has always been like a family to us through all the seasons, which we'll always appreciate. We hope that a tradition of fun and excellence will continue for many years to come.

-Maurice, Nate, Quinn, Chris, Matt & John

# GIRLS INDOOR TRACK

First Row: Julianne Gelinas, Caroline Henry, Olivia Klaczak, Kelly Conway, Lilly Tabb, Esther Muhlmann, Alexa Weyer, Caroline Barbieri, Alyssa Wright, Rachel Wun, Caroline Stratton, Maeve Shea. Second Row: Fallon Piper, Rebecca Ezer, Noa DiTusa, Felicite Neveu, Rose Gevanthor, Yasmin Rosewell, Elizabeth Walsh, Evelyn Humphries, Mayince Dorotan, Brenda Bouvier, Ella Mathews, Amelia Wray. Third Row: Celia Steiger, Kate Grinstead, Brenna Durkin, Nichole Li, Elizabeth Jones, Elani Daigle, Bella Costello, Hannah Adams, Julianna Norgren, Lauren Upson, Kyrsten Dorotan, Jade Chaffee. Fourth Row: Coach Webber, Anna Gorfinkel, Kyleigh DeCosmo, Regan Ryczek, Riley Harrington, Meghan Walsh, Roxanne Oh, Elizabeth Luo, Katarina Boskovic, Gianna Rocca, Riya Sandler, Daniella Sandler, Gracelyn Miranda. Not Pictured: Kate Campbell, Rong Chen, Shea Hamel, Maya Powe, Erika Rehbein, Rebecca Rothstein, Erin Vasu, Sofia Warren, Megan Weyer, Gabriella Gauthier, Nina Kniska, Audrey Oh

## CAPTAINS

It has been an honor to work alongside each other as captains in leading our team this season. The Indoor Track season was filled with so much fun, hard work, and many personal records were achieved. The track team has always been like a family, and it's truly amazing to be apart of a team that is constantly working together, lifting each other up, and bringing a smile to everything we do. Thank you coaches and underclassmen for all the memories this year. This team will be missed!

-Esther, Alexa, Caroline B., Alyssa, Maeve, Caroline S.

Esther Muhlmann, Alexa Weyer, Caroline Barbieri, Alyssa Wright, Maeve Shea, Caroline Stratton

MAKE EVE
STRIDE COU
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PVIAC INDOOR TRACK

LONGM

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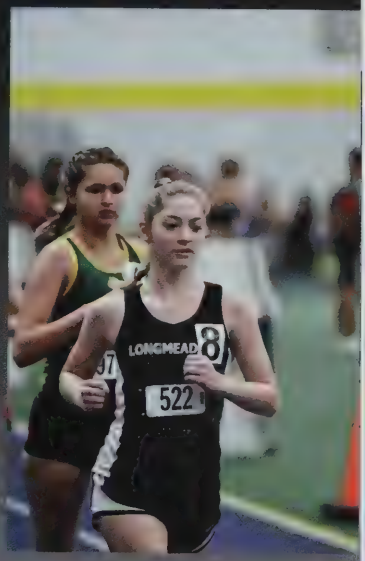
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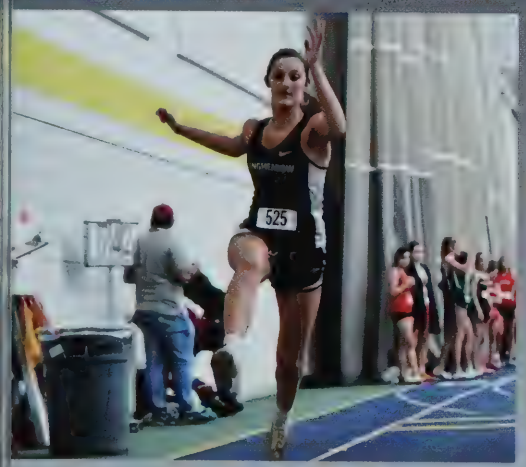
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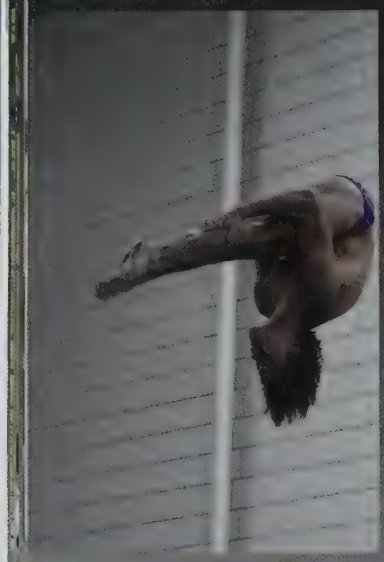

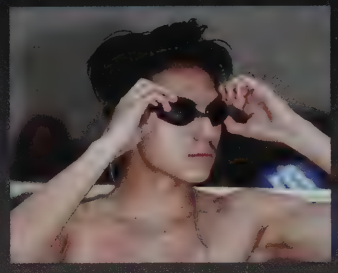

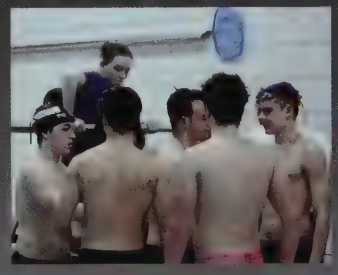

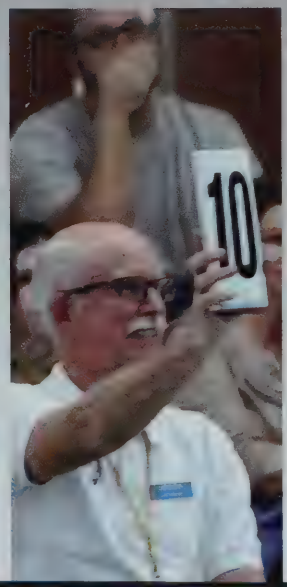
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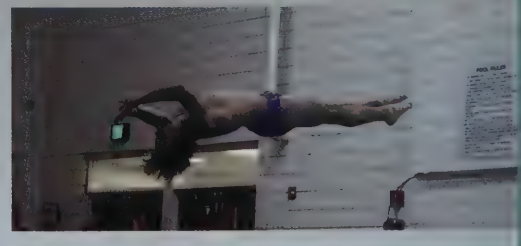
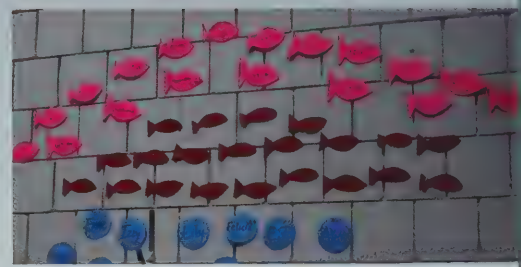




# BOYS SWIMMING & DIVING

First Row: Liam Ryan, Jack Szyluk, John Baker, Kaleb Osborne, Max Pechulis. Second Row: Niko Manitsas, Josh Shafiei, David Dulaimy, Edward Erofeyev, Cole Mitchell, Anthony Marino, Sam Barresi. Third Row: Coach Andy Endress, Alexander Lam, Evan Lyons, Jacob Rice, Alessandro Rocco, Dimitry Blazy, EJ Geier, Eren Erden, Evan Lenn, Coach John Weaver.

## CAPTAINS

Over these past four years, we've been able to see the team transform into a family. We are super grateful to be able to lead this group of amazing and talented people. Thank you for making our final season memorable.

—Max, John & Kaleb

Max Pechulis, Liam Ryan, John Baker, Kaleb Osbourne

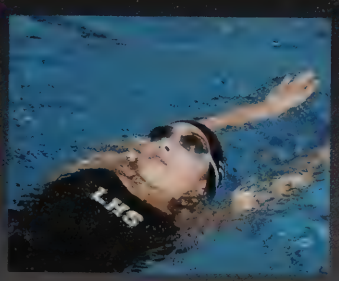
# GIRLS SWIMMING & DIVING

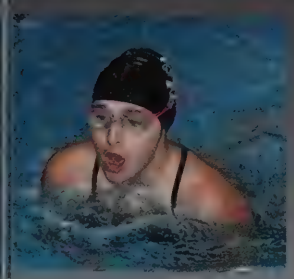
First Row: Dena Solomon, Morgan Nolan, Anna Coyle, Madigan Tershner-Kolodziejski, Madeline Goggin. Second Row: Ellis Henry, Sarah Chamberland, Emily Tran, Jasmine Jia, Megan MacElhiney, Jazmine Eadie-Dixon, Cecelia Reed, Bridget Duquette. Third Row: Daly Themen, Megan Seeley, Felicia DaSilva, Abigail Lewis, Lily Tracy, Tina Li, Isabelle Shafiei, Delaney Rodriguez-Shaw. Fourth Row: Coach Andy Endress, Molly Anderson, Evelyn Erofeyev, Sabrina Caradaropoli, Lily Blais, Olivia Anderson, Maya Grochowska, Coach John Weaver. Not Pictured: Madison Copland, Katie McMahon, Adeline Osborne, Nora Pandolfi, Alyssa Peck, Raitlyn Ryczek, Kylee Smith, Abigail Stechmann.

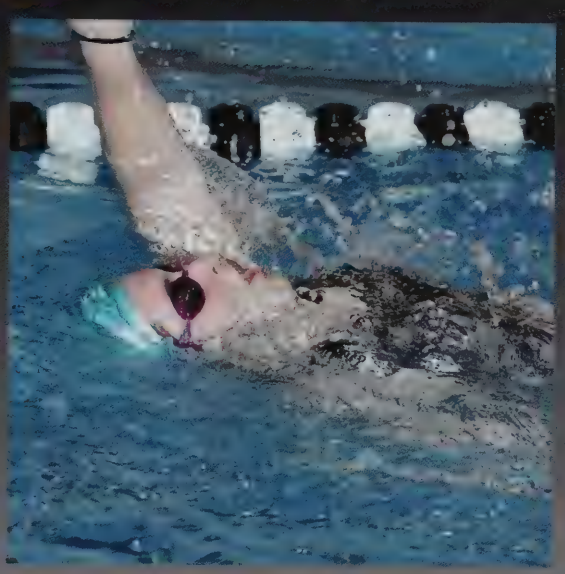
## CAPTAINS

Dena Solomon, Anna Coyle, Madeline Goggin, Morgan Nolan, Madigan Tershner-Kolodziejski

EXIT
POOL RULES


LHS





LHS
LHS
LHS

LONGMEADOW
80
LANCERS
LONGMEADOW
81
LANCERS

# SKI TEAM

First Row: Brooke Lavallee, Dylan Ratner, Aleza Falk, Jordan Healy, Aiden Dewolf. Second Row: Blaise Lavallee, Nate Burt, Nate Anderson, Justin Brayton, Morgan Lilley, Max Russo, Leo Kwasnik, Cole Haag. Not pictured: Luke Hornyak, Alex Kavrakis, Nolan Vuori, Will Swanson, Max Boskovic, Nick Arnold.

## CAPTAINS

Nate Burt and Aleza Falk

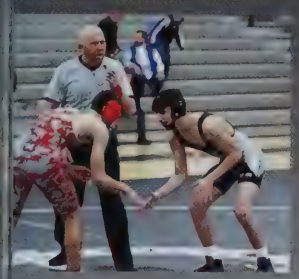
The ski team had another great year on and off the slopes. The season was filled with everything from crazy falls to top ten finishes. Our hard work in the weight room and on roller blades proved worthy when having five athletes qualify for the state championship race. Bus rides never disappointed and stops for food were always memorable. Whether it was the position of the leaf on the lessons, there was so much to learn. Thank you for four years of fun times at the Board. We will really miss being a part of this team. Never forget Coach B's Advice of patience, edge, and practice. Good luck next [illegible]

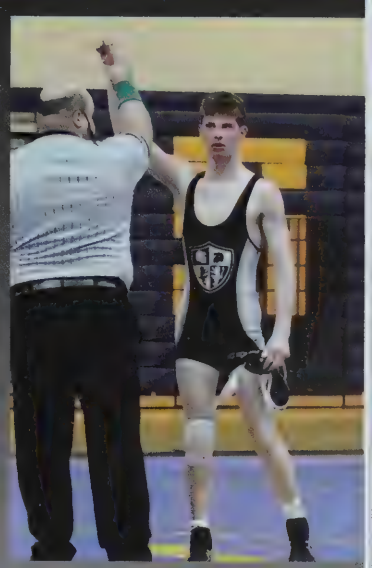
# WRESTLING

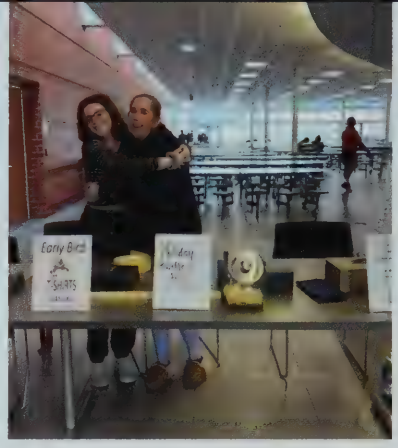
First Row: Nick Culver, Lucas Olson, Shane Woods, Jimmy Barrett, Michael Freda. Second Row: Timothy Pacella, Charles Townsend, Michael Emery, Paul Barrett, Jack Beliveau, David Bell. Third Row: Coach Connors, Coach Zuccalo, Sam Cianfaglione, Anthony Williams-Estevez, Moonis Kazi, Lachlan Berry, Emmett Morin, Chandler Morfit, Coach Efstratios. Not pictured: Will Cournoyer, Mike Langlen, Brady MacLelland, Ali Fatemi.

## CAPTAINS

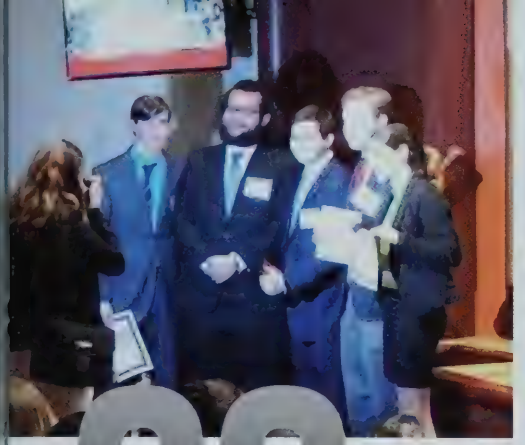
Shane Woods, Jimmy Barrett, and Lucas Olson







# STUDENT LIFE



# 2C STUDENT LIFE

## WIND ENSEMBLE

On Floor: Sean Tashjian, Wyatt Mathis. First row: Tommy He, Alex Komaiszko, Caitlin Judge, Tanya Dang, Rachel Perry, Tina Li, Madison McGrath. Second Row: Will Denno, Sam Ollari, Nina Barrett, Monica Witoslaw, Shelby Yuan, Erica Li. Third Row: Cole Haag, Alan Zavalunov, Maya Powe, Benjamin Buckovitch, Sally Gill, Kaile Reiss. Fourth Row: Lucas Olson, Wynton Jarvinen, Liam Ryan, John Marino, Noah Dow.

## JAZZ BAND

On Floor: Thomas Perez, Alan Zavalunov, Jibin Lim, Vivienne Yang, Quinn McGrath, Nate Burt, Richard Pham. Second Row: Shawn Vo, Gareth Jones, Maya Powe, Robby Ravosa, Jacob Pauze. Third Row: Cole Haag, Josh Brody, Noah Dow.

## PERCUSSION

Merrick Ball, Karl Fajardo, Morgan Lilley, Jacob Pauze, George Perry.

## ORCHESTRA

On Floor: Daly Therrien, Elijah Hairston, Jessica Ruglass. First Row: Sarah Baick, Julia Rice, Alex Lam, Connie Dai, Jasmine Jui, Ella Barton, Josh Shafei. Second Row: Nichole Li, Amelia Wray, Katherine Li, Arushi Meharwal, Michael Khoury, Victor Carra. Third row: Vivienne Yang, Yasmine Morris, Katherine Bruderman, Maggie Bruderman, Dimitry Blazy, David Dulainey, Richard Pham. Fourth Row: Brian Leverock, Charles Li, Evelyn Erofeyev, Roxanne Oh, Elizabeth Luo, Audrey Oh, Karla Liard-Rivera.

## CONCERT BAND

Kneeling: Karl Fajardo, Merrick Ball, Morgan Lilley, Jacob Pauze, George Perry. First Row: Katherine Romoser, Josh Brody, Maya Grochowski, Audra Miller, Aidra Melcher, Taylor Aiken, Jane O'Connor, Safia Muftic, Muktha Iyer, Caroline Davis, Madison Moses, Kirat Grewal. Second Row: Will Denno, Joe McMahon, Shawn Vo, Matt Harty, Gareth Jones, Zimraan Ahmad, Grace O'Connor. Third Row: Sierra Geiger, Ben Corvin, Reece Robbins, Jibin Llm, Tom Perez, Owen Dalton, Noah Dow. Fourth Row: Conor Tashjian, Asher Zive, Robby Ravosa, Harrison Stratton, Sam Taksar, Michael Mikaelian.

## THE ACCIDENTALS

First Row: Nina Hutchins, Abi Stechmann, Trina Morrow, Yasmine Morris, Tess Scolari, MaryKate Quinlan, Audra Miller, Emme Seeley. Second Row: Brianna White, Cammy Zhou, Gloria Zhang, Flora Chen, Erika Rehbein, Madeleine Foard, Hannah Rosenman. Third Row: Varsha Athreya, Lanelle Garcia, Leah Rosenman.

## I CANTORI

First Row: Trina Morrow, Vivienne Yang, Salvador Vega, Maya Powe, Daniel Madden, Emily Yesu. Second Row: Noah Desmaris, Flora Chen, Jack Suher, Sam Taksar. Third Row: Leah Rosenman, Benjamin Buckovitch, Varsha Athreya, Noah Dow.

## LA CAPELLA

First Row: Gracie Glick, Lily Tracy, Emily Richard, Meghan Desrosiers, Lindsay Udell. Second Row: Carlin Byrne, Bridget Duquette, Faith Kelsey, Yasmine Morris, Laura Sciarrino, Madeleine Foard.Third Row: Emme Seeley. Maria Mishol, Monica DeSouza, Abigail Mirot, Cammy Zhou, Kaylee Achatz. Fourth Row: Lily Schneider, Emily Sangkachand, Isabella Quercia.

# CHORUS

## LANCER SINGERS

First Row: William Reiss, Perry Carman, Jeremiah Mantho, Aidan McGeary. Second Row: Marco DeBiasio, Asher Zive, Josh Raynor, Christopher Cummings, Antonio Facente. Third Row: Thomas Cosgrove, Joseph Mikaelian, Gavin Fazio, Jonathan Santarelli, Joseph Keenan. Fourth Row: Kyle Cecotti, Colin Brunette, Timothy Pacella, Jackson Yesu, Nicholas Manitsas, Luke Llang, Brady Russell, Zachary Westhaver. Fifth Row: Jack Dunaisky, Ryan Hornyak, Liam McGeary, Daegan Connelly, Liam Porcello, Elijah Hairston.

## LYRICS

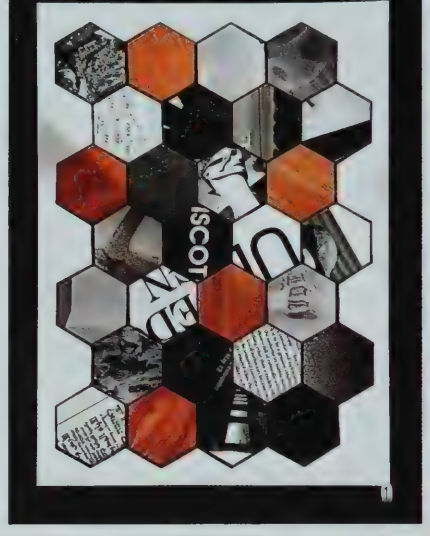
First Row: Parth Penukonda, Ryan Peluso, MaryKate Quinlan, Trina Morrow, Vivienne Yang, Sara Flayhan, Matthew Pacella, Jonah Barresi. Second Row: Noah Desmarais, Maya Powe. Third Row: Salvador Vega, Chloe Flack, Lanelle Garcia, Liam Knowlton, Nate Sullivan, Flora Chen, Katie Ryan. Fourth Row: Daly Therrien, Jack Suher, Varsha Athreya, Emily Yesu, Brianna White. Fifth Row: Leah Rosenman, Gloria Zhang, Tess Scolari, Lily Henshaw. Sixth Row: Erika Rehbein, Madigan Tershner-Kolodziejski, Vera Beznos. Seventh Row: Nolan Srebnick, Maurice Powe, Ben Buckovitch. Eighth Row: Shelby Carman, Dan Madden. Ninth Row; Thomas Coulouras, Martin Hernandez Vazquez, Eddie Desarro, Wynton Jarvinen, Mitchell Brecht. Tenth Row: Sky Johnson, Sam Taksar, Noah Dow, Ben Moss.

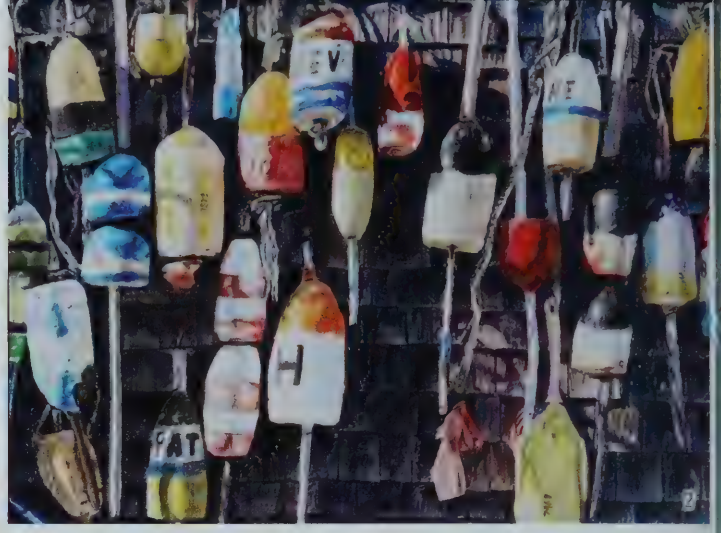
## VOX

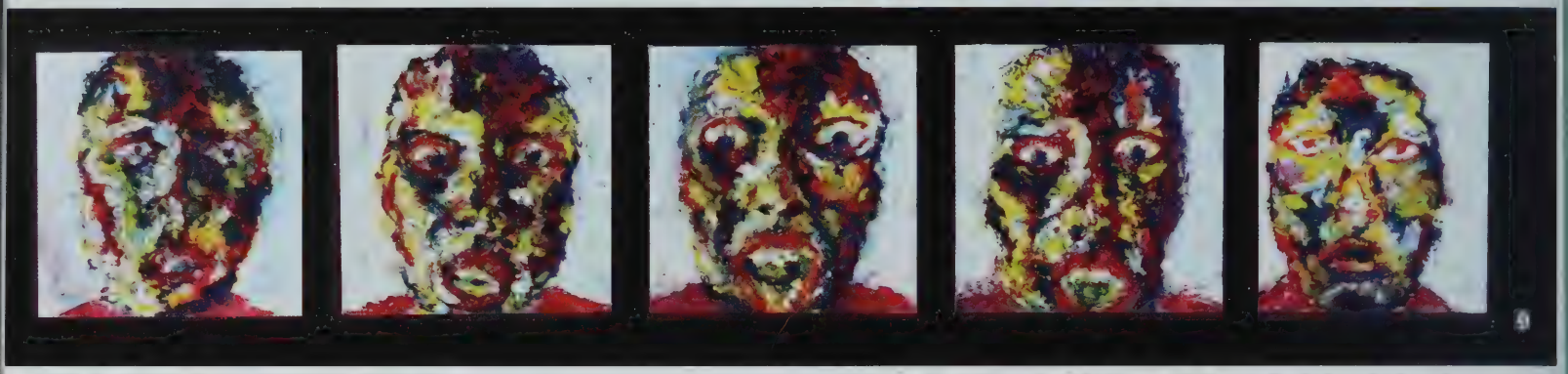
First Row: Faye Desarro, Abigail Stechmann, Abigail Rajczewski, Jacquelyn Miltenberger, Samantha Choquette, Avery Halpern. Second Row: Audrey Chasen, Nina Hutchins, Maya Lauterbach, Mollie Miranda, Shelby Cooney, Hannah Rosenman.

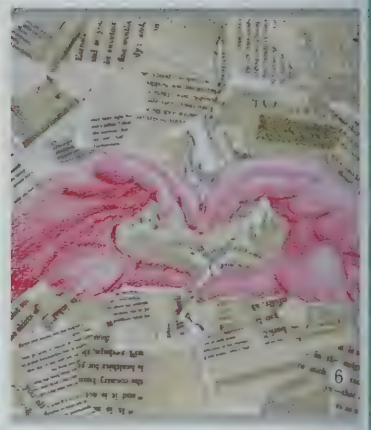
## 2D ART

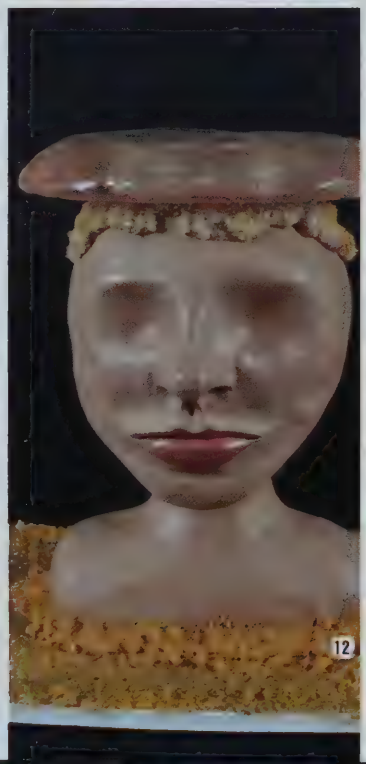
1. Lily Henshaw
2. Isabelle Lewis
3.Phia Ziegler
4. Maddie Goggin
5. Gillian Carrington
6. Avery Dunaisky
7. Mai Pho
8. Bridgette McAndrews

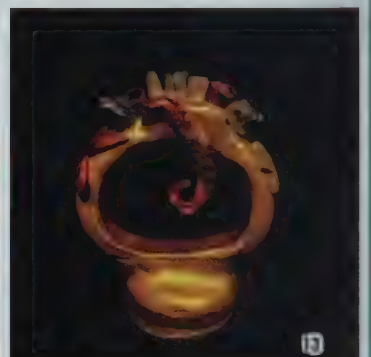












## 3D ART

9. James O'Connor
10. Sophie Lemire
11. Sam Barresi
12. Julianna Gandelli
13. Dena Solomon

## PHOTOGRAPHY

14. MaryJane Ditmar
15. Lianna Baatz
16. Darby Keaney
17. Rilee Holt
18. Vanessa Dailey
19. LHS Art teachers

CREATE
DESIGN
PAINT
DRAW
PHOTOGRAPH
SCULPT
PRINTMAKING
THROW
CUT
PASTE
MOSAIC
TEXTURE
GLASS
WOOD
DEVELOP
FOCUS
EMBROIDERY
CLAY
STITCH
OIL
ACRYLIC
PASTEL
COLLAGE
GRAPIC DESIGN
MOVEMENT
VALUE
REPETITION
BALANCE
PATTERN
CONTRAST
PROPORTION
LINE
RHYTHM
COLOR
TEXTURE
SHAPE
TEMPERA
PIGMENT
STYLE
MEDIA
WATERCOLOR
INK
CERMAMICS
FASHION
ANIMATION
PENCIL
INSTALLATION
MIXED MEDIA
CALIGRAPHY
FABRIC
METAL
TYPOGRAPHY

# LHS ART

## Key Club

**Service-oriented club assisting school and community**

Key Club Board: Meghan Desrosiers (President), Lily Tracy, Justin Brayton, Alicia Lanides, Alexandra Moutafis, Devon Kelly, Nishant D'Souza, Eleni Kolias, Emily Catanzaro, Sadie Ehrenberg.

## National Honors Society

**Tutoring, fund-raising for scholarship**

NHS Board members: Hallie Gallo, Rebecca Rothstein, Jhanavi Thakkar, John Quinlan, Esther Muhlmann, Eugenia Choi, Varsha Athreya, Iris Gallo.

## Robotics

### Students build robots and participate in competitions

Floor: Sam Barresi. First Row: Andrew Carrier-Pearce, Sontino Allentuck, ThankGod Setsoafia, Sam Ollari, Marisol Treble, Emma Coleman, Gracie Glick. Row Two: Mr. Pearce, Lucas Olson, Edward Erofeyev, Mystery student, Veronica Paulson, Curtis Chase, Brian Shulkin, Mark Yorns. Third Row; Sky Johnson, Asher Zive, Alex Lam, Andrew Hines, Aquinnah Sandberg, Kavi Mistry, Matt DeSouza, Mr. Treble, Mr. Leverock. Fourth Row: Tod Burns, Parker DelGallo, Matt Hardy, Frankie Furnelli, Brian Leverock, Jonathan Yun, Mr. Allentuck. Fifth Row: Peter Preston, Matt Sullivan, Henry Rhodes, Robby Ravosa, Ben Moss.

## Tri-M

### Students promoting music and leading opportunities for others to participate in music

First Row: Maya Powe. Tess Scolari, Lily Tracy, Jasmine Jia, Taqdees Ahmad, Tina Li, Caitlin Judge, Kathy Li. Back Row (left to right): Joshua Brody, Benjamin Moss. Leah Rosenman, Bella Quercia, Asher Zive. Ms. Werlin. Second Row: Dr. Thovmasian, Rachel Perry, Varsha Athreya. Ben Buckovitch, Lanelle Garcia, Brianna Whte. Audra Miller, Daniel Madden, Daly Therrien. Third Row: Noah Desmaris, Rong Chen, Madison McGrath, Jack Suher, Quinn McGrath, Nathaniel Burt, Alex Lam, Lily Schneider, Shirley Yuan.

## AMERICAN SIGN LANGUAGE

**Student will learn to use American Sign Language**

First Row: Joe McMahon, Hailey Rivest, Wynne Dromey. Second Row: Noemi Colon, Madigan Tershner-Kolodziejski, Jackie Frank, Connie Dai, Evelyn Humphries, Ella Matthews, Dylan Ratner. Third Row: London Cannon-Eckerle, Sage Verdi-Pasquini, Owen Dzierzgowski, Grace Kimball, Anthony Marino, Matthew Pacella, Binyamin Fenster, Kevin McAfee Crowley.

## AMNESTY INTERNATIONAL

**Club dedicated to protecting human rights**

Front Row: Abby Lewis, Claudia Breed, Kathleen Scott, Madeleine Foard.
Back Row: Dylan Ratner, Katarina Boskovic, Tina Li, Jonah Baressi.

## ART CLUB

**Students use artistic talents for community service opportunities**

Rachelle Gaudreau, Autumn Miranda, Mary Alice Miranda, Margaret Bruderman, Bridget Bruderman, Kate Bruderman.

## AS SCHOOLS MATCH WITS

**Competitive academic team**

First Row: Keely Kivel, Wynne Dromey.
Second Row: Gavin Bell, Edgar Gebhardt, Jacob Weiswasser, ThankGod Setsoafia.

## BEST BUDDIES

**Students working with developmentally disabled individuals**

First Row: James Mark, Maeve Shea, Dylan Ratner, Bella Hwang, Hannah Sweeney, James Foard, Usa Bun. Second Row: Madeline Soukup, Samantha Ruyffelaert, Wynne Dromey, Keely Kivel, Abigail Lewis, Hannah Rooney, Shrisha Athreya, Ann Tran, Juliana Gandeli, Caroline Stratton, Bruna DaSilva.Third Row: Jobyn Neal, Elani Daigle, Amelia Wray, Natalie Tongue, Camille Scott, Julia Miltenberger, Caroline Upson, Isadora Jorgensen, Hannah Tyler, Angelo DeCaro, Martin Hernández Vasquez, Jenny Huynh, Penny Ren, Madigan Tershner- Kolodziejski, Emma Adleson..

## BUSINESS CLUB

**Develop interest in matters related to the operations of the business world**

Owen McGeer, Libby McGeer, Jake Moriarty, Michael Carroll, Videep Vemulapalli, Michael Bonavita, Peter Valencia, David Prickett, Tina Li.

## CHESS CLUB

**Students play chess**

Left: Wyatt Mathis & Vinayak Nair
Right: George Perry & Timothy Pacella.

## CLIMATE CHANGE CLUB

**Educating others and working to address climate change**

Front Row: Claudia Breed, Dylan Ratner, Ella Barton, Julia Paquette.
Back Row: Erin Vasu, Srisha Athreya, Jonah Barresi, Ben Buckovitch, Katarina Boskovic, Isabelle Shafiei.

## COMPETITVE PROGRAMMING CLUB

**Facilitate the participation of LHS students in competitve programming events**

Front Row: Cammy Zhan, Emily Cooper, Claire Yun.
Back Row: Tommy He, Nicholas Koran, Jonathan Yun, Francis Furnelli.

## COTS FOR KIDS

**Students raise funds to purchase bedding for kids in Indian orphanages**

Front Row: Olivia Courchesne, Taqdees Ahmad, Lianna Baatz, Isabelle Lewis, Rilee Holt.
Back Row: Mrs. Candon, Avery Dunaisky, Noah Desmarais, Alicia Lanides, Varsha Athreya, Klara Pasterczyk.

## DEBATE CLUB

### Competitive debate on social issues

Front Row: Cole Haag, Abigail Mirot.
Back Row: Jacob Weiswasser, Peter Preston, Magister Gulden

## DRAMA CLUB

### Experience theatrical productions

First Row: Maddy Messier, Chris Cummings, Emma Griffith, Meghan Shea, Katie Ryan, Tina Nguyen, Jonah Barresi, Audra Miller, Liv Dignazio, Brady Russell, Nora MacDonnell. Second Row: Mrs. Macdonald, Charles Miranda, Luke Liang, Abbie Rajczewski, Diya Patel, London Cannon-Eckerle, Andrew Carrier-Pearce, Eddie Desarro, Ms. Bettencourt.

## EAST ASIA CLUB

### Develop an understanding and appreciation for East Asian cultures

First Row: Japanese student, Kaylee Bone, Japanese student, Tanya Dang, Japanese student, Meghan Shea, Miriam Gousseynoff, Alicia Lanides, Japanese student, Allie Costello, Japanese student. Second Row: Alyssa Peck, Shirley Yuan, Emme Seeley,Sofia Warren, Joey LI, Katie Li, Tod Burns, Jae Cummings, Amelia Wray, Japanese student, Rachel Schwartz, Marisol Treble, Anthony Nguyen, Masaki Matsukura.

## FRENCH CLUB

### Develop an appreciation for and deeper understanding of French culture

Front Row: Kylee Smith, Liam Brackman, Claire Yun, Emma Lavoie, Mrs. Mard.
Back Row: Sarah Baick, Jae Cummings, Hannah Rosenman, Zoe Roumeliotis.

## GAY/STRAIGHT ALLIANCE (GSA)

### Respect Each Alternative Lifestyle in Today's Youth (REALITY)

First Row: Audrey Chasen, Olivia Stepanian, Brady Russell, Tina Nyugen, Emme Seeley, Aquinnah Sandberg, Katie Ryan, Kavi Mistry.
Second Row: Benjamin Moss, Leah Rosenman, Jonathan Yun, Zoe Diaz, Cole Johnson, Samuel Ollari, Andrew Carrier-Pearce, Max Sweeney, Asher Zive, Jae Cummings, Emma Griffith.

## HEIFER INTERNATIONAL

### Students raise funds to purchase sustainable livestock for developing nations

Mr. Weaver, Liam Brackman, Zoe Roumeliotis, Ian Roumeliotis, Erica Li, Emily Cooper, Claire Yun, Sadie Kaim, Jonathan Yun, Grace Glick, Anthony Furnelli & Francis Furnelli.

## IMPRESSIONS

### Students produce a literary magazine

Front Row: Lily Schneider, Jordan DiTusa, Devon Kelly.
Back Row: Esther Muhlmann, Celeste Connell, Max Sweeney.

## INTERACT

### Service-oriented club assisting the community

First Row: Ian Roumeliotis, Gracie Glick , Rachel Perry, Camille Scott,, Hannah Sweeney, Mai Pho, Monica DeSouza, Elizabeth Komaisko, Saftia Muftic. Second Row: Claire Yun, Zoe Roumeliotis, Noah Desmarias, Caitlin Blanchette, Joey Li, Jonathan Yun, Monica Witoslaw, Miranda Vellenga, Olivia Anderson, Sarah Sprinthall, Daniel Harder. Third Row: Mr. Little, Erica Li, Sadie Kaim, Emily Cooper, Avery Dunaisky, Caitlin Brunette, Maeve Shea, Katie Li, Anthony Furnelli, Brian Leverock, Francis Furnelli, Melissa Tran, Elani Daigle, Liam Brackman, Sofia Warren, Miriam Felzenstein.

## JET JOTTER

### Publishes School Newspaper

Mr. Cormier, Sarah Reyes, Armen Aisik, Maksim Tonyushkin, Tommy He, Eugene Choi, Gloria Zhang, Esther Muhlmann, Alyssa Peck, Jordan DiTusa.

## LOVE 146

### Students raising funds to combat human trafficing

Front Row: Zach Clayton, Anna Carson.
Back Row: Shawn Baker, Olivia Anderson, Cate Corrigan, Maddy Goggin, Lilly Swanson.

## MATH TEAM

**Mathematics competition at area schools**

Front Row: Sean Molden, Claire Yun, Emma Lavoie, Erica Lee, Katherine Bruderman.
Back Row: Nick Koran,Tommy He, Andrew Carrier-Pearce, Dimitry Blazy, John Yun.

## MIDDLE SCHOOL LANGUAGE MENTORS

**Students work on a volunteer basis mentoring middle school students in World Language Offerings**

Front Row: Tina Li, Vivienne Yang, Katerina Sanchez-Farina, Camille Scott.
Back Row: Noah Desmarais, Zoe Roumeliotis, Kathy Li, Maeve Shea, Frankie Furnelli.

## MOCK TRIAL

**Trial competition with area schools**

Adebola Odutola, Isabelle Shafiei, Rachel Schwartz, Margaret O'Connor, Wyatt Tallaksen, Suchit Gutta, David Prickett.

## MODEL CONGRESS

**Students attend events where they prepare for and particiapte as if in Congress**

Mrs. Pollard, Thomas Colouras, Congressman Richard Neal, George Perry, Daegan Connolly, Andrew Nam, Ryan Mulderig.

## MODEL UN

**Looks at global societies and issues - participates in conferences**

Katherine Li, Arushi Meharwal, Noah Desmairis, Thomas Colouras, Emma Lavoie, Brian Leverock, Mitchell Brecht, Tanya Dang.

## NHS BOARD

**Provides Leadershop for the National Honor Society**

Hallie Gallo, Rebecca Rothstein, Jhanavi Thakkar, John Quinlan, Esther Muhlmann. Eugenia Choi, Varsha Athreya, Iris Gallo.

## PAWS

**Wildlife conservation club associated with Dakin Humane Society, Forest Park Zoological and Urban Wildlife rehab**

Front Row: Nichole Li, Heidi Pohlmann, Susiena Choi, Nina Hutchins.
Back Row: Julia Paquette, Madison McGrath, Eugena Choi, Mai Pho, Audra Miller.

## PHOTO CLUB

**Students learn photo techniques and take photos for yearbook**

Alyssa Peck, Owen Dziergowski, Miranda Vellenga.

## POTTERY CLUB

**Students work on pottery projects**

Ella Appell, Bridget Burke, Wynne Dromey, Hailey Rivest, Laura Burstein, Anthony Marino, Juliana Gandelli, Cole Johnson, Miranda Vellenga, Sky Johnson, Allison Ranger, Maya Grochowska, Lily Blais, Katie Ryan, Caitlin Judge, Audra Miller.
Not pictured: Georgia Lindman , Evelyn Erofeyov, Susiena Choi, Casey Thomas, Abby Lewis.

## PVRC

**Students participate in Rowing with the Pioneer Valley Riverfront Club**

First Row: Lily Henshaw, Lilly Mae Turgeon.
Second Row: Coach Marissa Chamberlain, Piper Weldon, Catherine Morrissey, Emma Coogan, Talia Rapaport, Sydney Sanders, Coach Renee Jones. Third Row: Charlie Marino, Cameron Dougal, Zach Quick, Raekwon Bezares, Henry Joyner.

## RECYCLE CLUB

**Teaches other people about recycling and keeping our community clean**

Kayley Bone, Carlin Byrne, Kitty Daniel, Madison Sullivan, Catherine Mulcahy.

## RED CROSS CLUB

**Students learn how to respond to those in need in an emergency**

First Row: Audra Miller, Katherine Li, Katerina Sanchez-Farina, Srisha Athreya.
Second Row: Evan Lenn, Billy Sarnelli, Anthony Coulouras, Jonah Barresi, Haleigh Cole, Lauren Ounjian.

## ROOM TO READ

**Students raise money to help children in developing countries through improving literacy rates and gender equality in education**

Haleigh Cole, Makayla Mirkin, Lianna Baatz, Taqdees Ahmad, Caitlin Brunette, Rilee Holt, Jhanavi Thakkar, Julia Cardaropoli.

## SCIENCE OLYMPIAD TEAM

**Students explore non-traditional science topics and compete at local Science Olympiads**

First Row: Rachel Perry, Claire Yun, Riya Sandler, Susiena Choi, Skyler Ellis.
Second Row: Erica Li, Jasmine Jia, Noah Desmarais, Zoe Roumeliodis, Maggie Bruderman, Kate Bruderman, Carly Thompson, Ireland Reed, Nichole Li, Elizabeth Luo.
Third Row: Vinayak Nair, Dimitry Blazy, Jonathan Yun, Tommy He, Nicholas Koran.

## SPANISH CLUB

**Develop an appreciation for and deeper understanding of Spanish culture**

Amelia Wray, Anthony Marino, Maddy Goggin, Sra Candon.

## STAND

**Activities to create an awareness of the dangers of destructive decisions**

Kneeling: Jenny Lewis, Sophia Robbins, Lily Tracy, Jonah Barresi, Kayley Bone, Katie McMahon, Audra Miller, Srisha Athreya, Isadora Jorgenson.
Standing: Anna Hadro, Catherine Mulcahy, Mrs. Warren, Lilly Tabb, Anna Coyle, Madison Copland, Nora Pandolfi, Molly Griswold, Peter Preston, London Cannon-Eckerle.

## STRENGTH AND FITNESS

**Students participate 3 times per week in formal fitness classes**

First Row: Dylan Marino, Anthony Casabianca, James McLaughlin, Jack Burn, Daegan Connolly, Dabo Odutola. Second Row: Amelia Wray, Joe McMahon, Brian Tai, Robbie Harrington, Sam Mard, Christen Charles, Niko Warren, Jack Aveyard. Third Row; Kyle Ceccotti, Anthony Coulouras, Dominic Giampetro, Jibin Lim, James Eisenhaure, Marco DeBiasio, Mason Merchant, Mike Langieri, Griffin O'Shea, Suchit Gutta, Ryan Casagrande, Timothy Pacella. Fourth Row: Hunter Thor.

## SWEDISH FISH

**Student-led a cappella group**

First Row:Trina Morrow, Tess Scolari, Maya Powe, Vivienne Yang, Madeleine Foard
Second Row: Brianna White, Varsha Athreya, Lanelle Garcia, Gloria Zhang, Flora Chen.

## UNITY CLUB

**Student organized Frisbee games promoting participation and fun**

Front Row: Lanelle Garcia, Trina Morrow, Maya Powe, Bella Vecchiarelli, Caroline Davis, Kayla Martinez, Maurice Powe. Back Row: Ms. Mac, Julia Cardoropoli, Emily Sangkachand, Urvashi Desai, Mckenna Mirer, Brooke Days Nina Barnett, Noah Barnett, Donovan Gravel, Brian Wright.

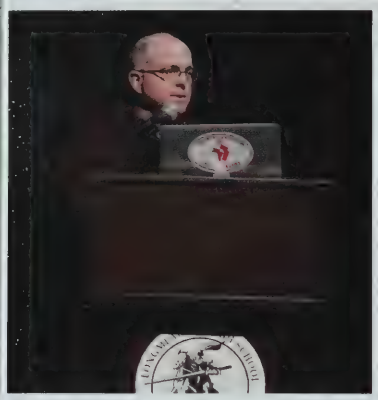
## YOGA CLUB

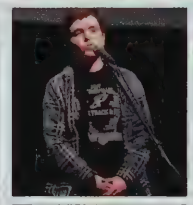
**Instruction in Yoga**

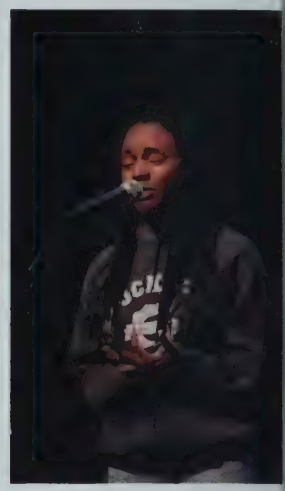
Emily Cooper, Sadie Kaim, Madison Sullivan, Sally Gill, Mrs. Fournier-Rea.

## POETRY OUT LOUD COMPETITION

Left: School Champion: Sammi Choquette
Below: Finalists: Thomas Coularas, Katherine Li, Trina Morrow.
Below left: Mr. Cormier, Jae Cummings, Armen Asik, Gloria Zhang, Wynne Dromey.

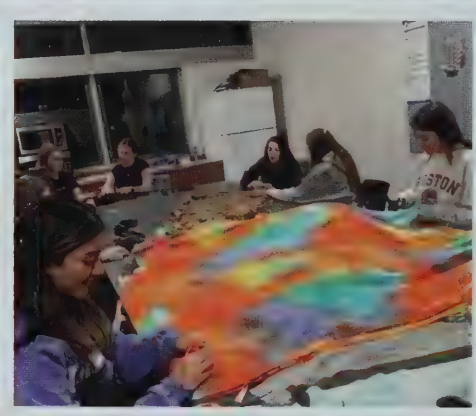


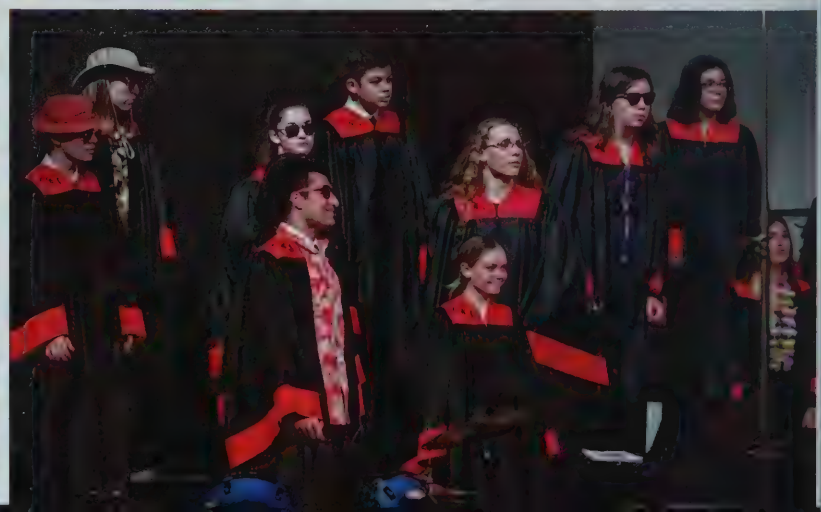




# CANDIDS

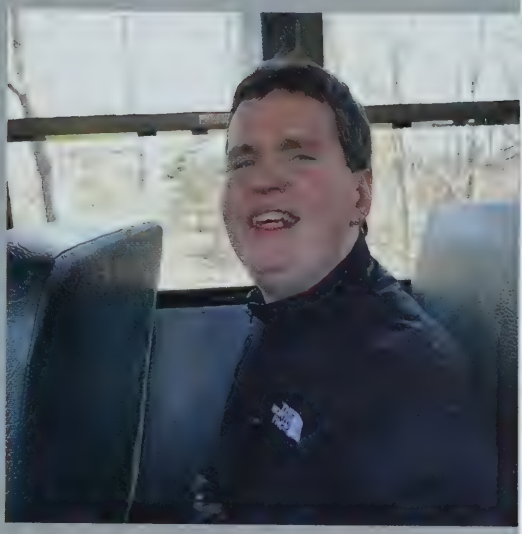
Art students on Mass Moca trip, the Barressi Brothers performing the 12 Days of Christmas, Key Clubbers working on projects and Music students in concert.



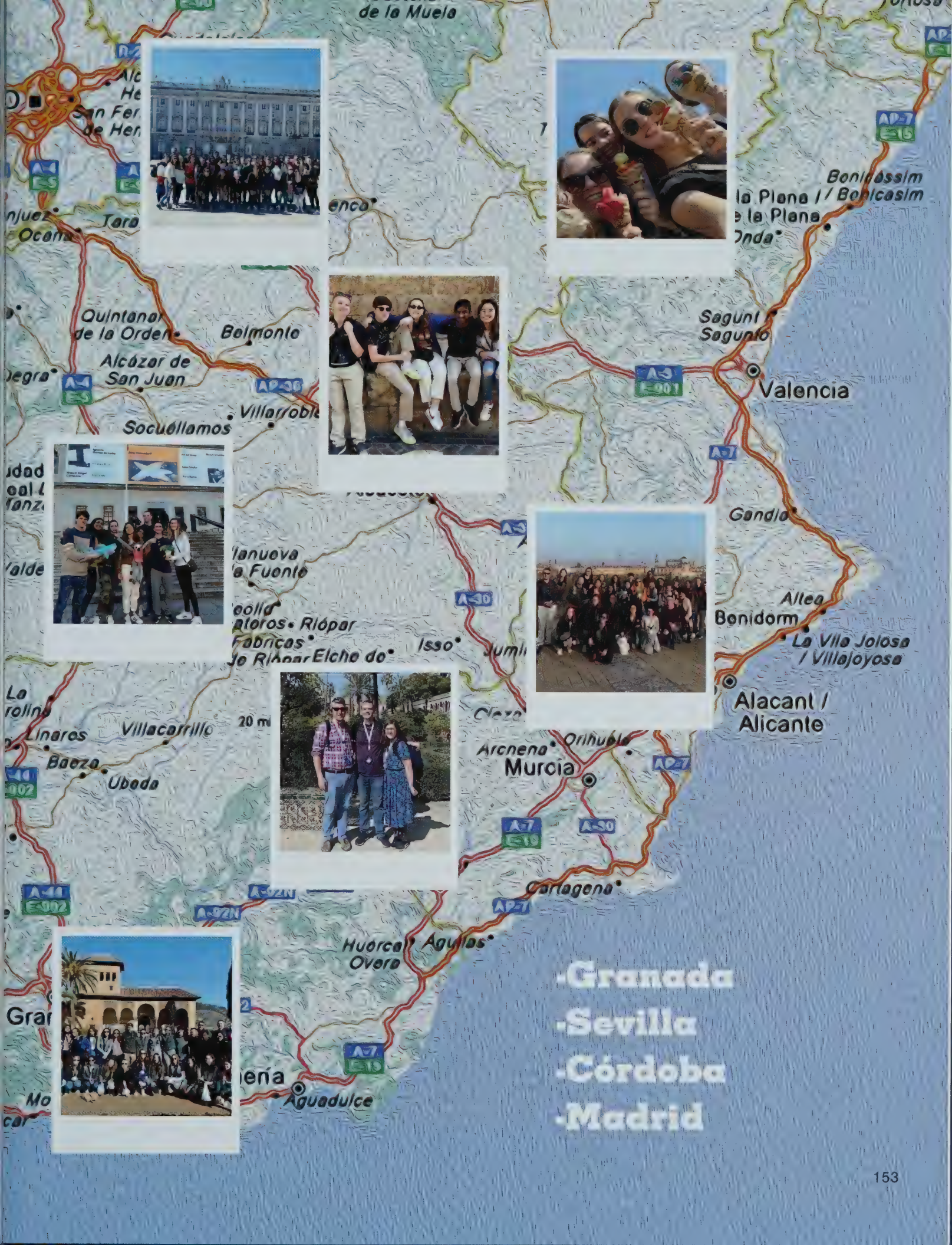


# ROOM 232

Nate, Jimmy and friends!



# OH THE PLACES WE'LL GO...

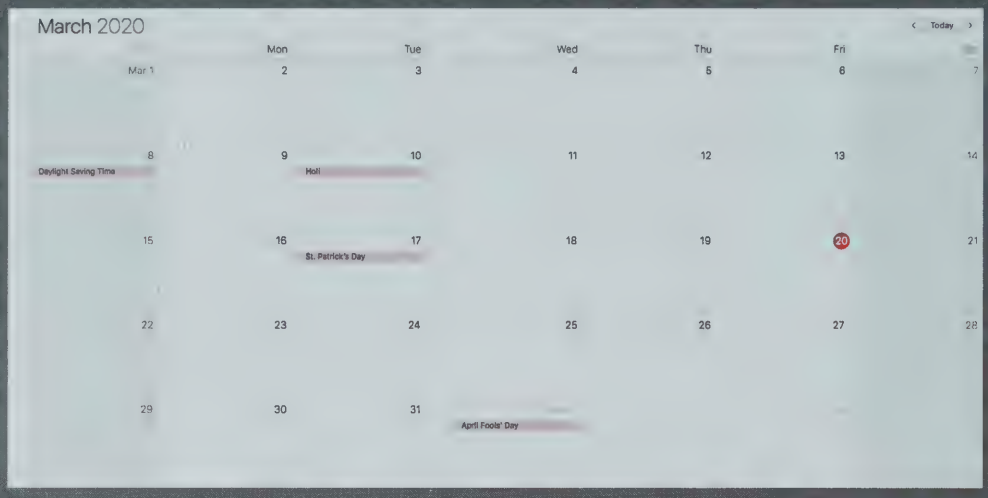

de la Muela
Quintanar de la Orden
Belmonte
Alcázar de San Juan
Socuéllamos
Villarrobledo
Sagunt / Sagunto
Valencia
Gandia
Benidorm
Alicante / Alacant
Villajoyosa
Linares
Villacarrillo
Baeza
Úbeda
Murcia
Orihuela
Cartagena
Huércal / Overa
Aguadulce
Granada
Sevilla
Córdoba
Madrid

# March Madness

## Georgeyball

# 3 on 3 Basketball

# LHS IN ISOLATION




During the month of March this year, all Massachusetts schools closed to slow the spread of the coronavirus. Social distancing and remote learning became the norm. At the time of this writing, we are hopeful that we will be back at school soon and finish our year TOGETHER. In the meantime, stay safe everyone!

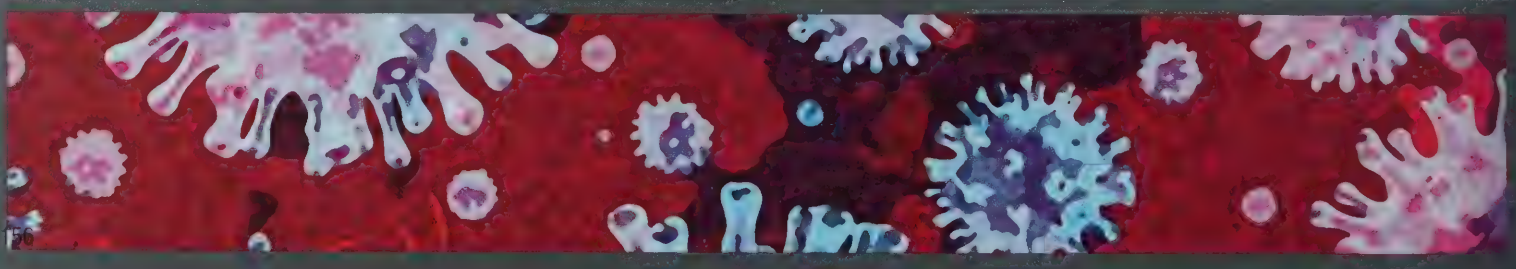
–the 2020 Yearbook staff

## COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.

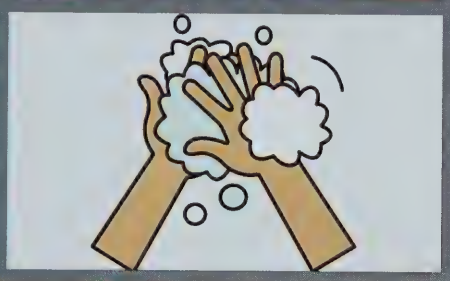
The disease causes respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth.

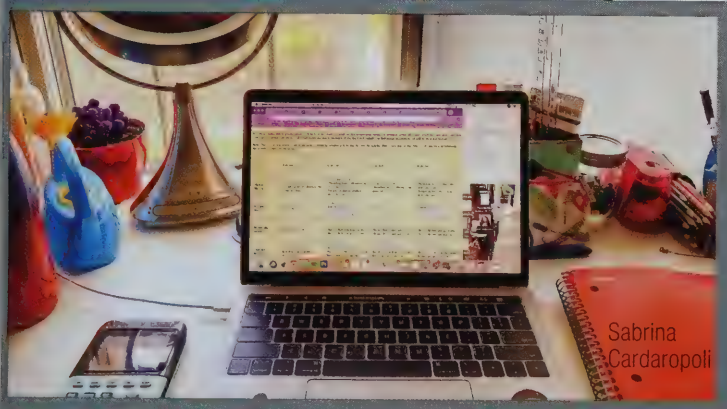
How to stick together, by staying apart
No handshakes, hugs or kisses unless you live together
Don't go to restaurants, bars, parties
Stay two metres apart where possible (trains, in meetings etc.)
Children may have to avoid grandparents for a while
Keep in touch with one another
If unwell, isolate yourself and your family
BBC



# Precautions Taken

You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (1 meter or 3 feet) with people who are unwell.





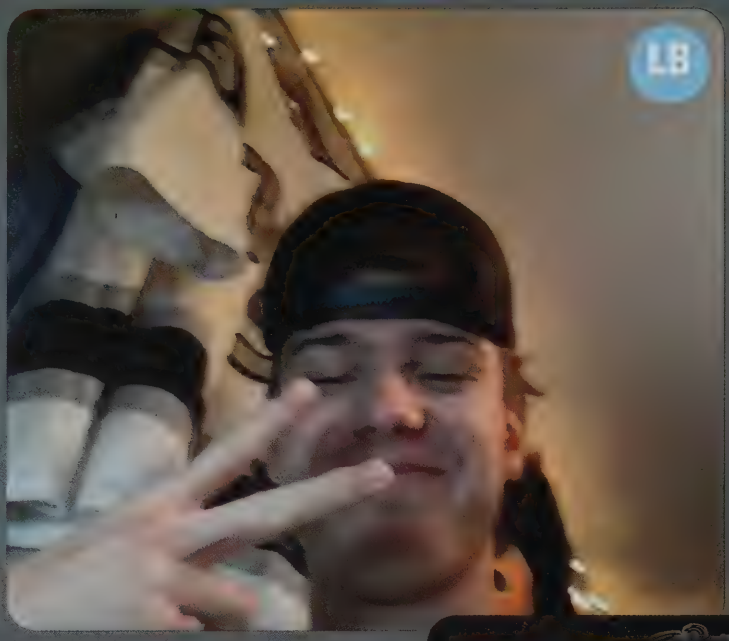
Protect others from getting sick
When coughing and sneezing cover mouth and nose with flexed elbow or tissue
Throw tissue into closed bin immediately after use
Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick
World Health Organization

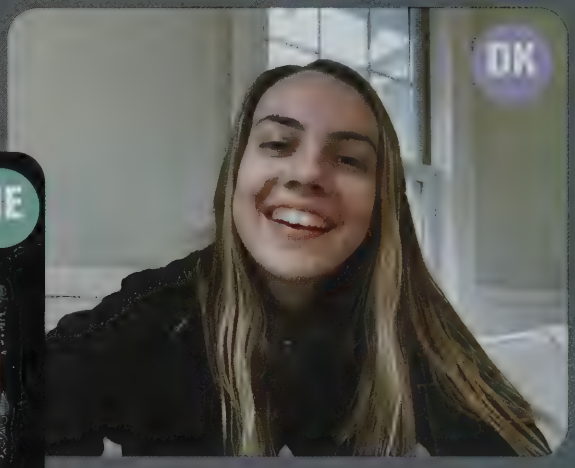
# Remote Learning

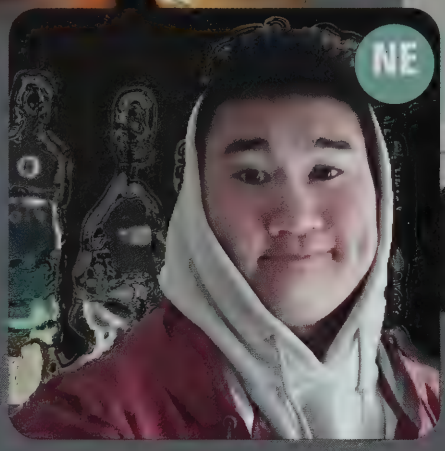
" We were purposeful in the creation of lessons/activities/ learning opportunities that are both technology based and non-technology based. We realize that these lessons/activities are not the same as being here at school, but we want to provide students with opportunities during this shutdown that will allow learning to continue and will allow for some sense of normalcy regarding communication with their teachers. "

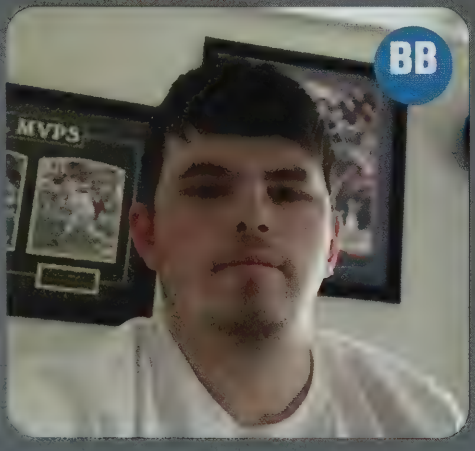
- T. Landers

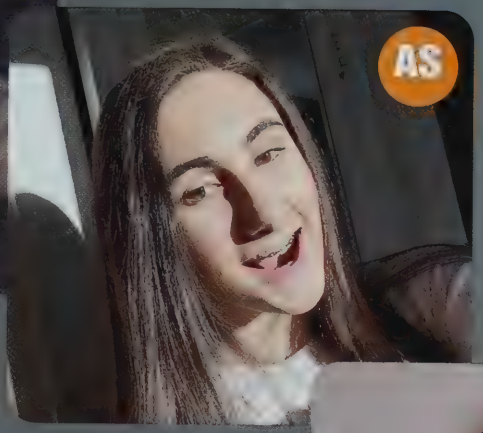
# 2020 Yearbook Staff



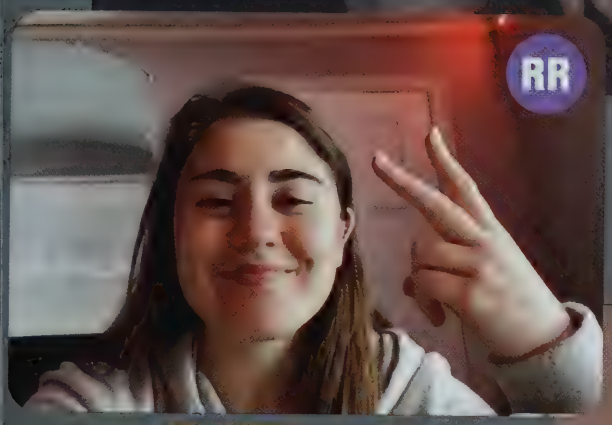


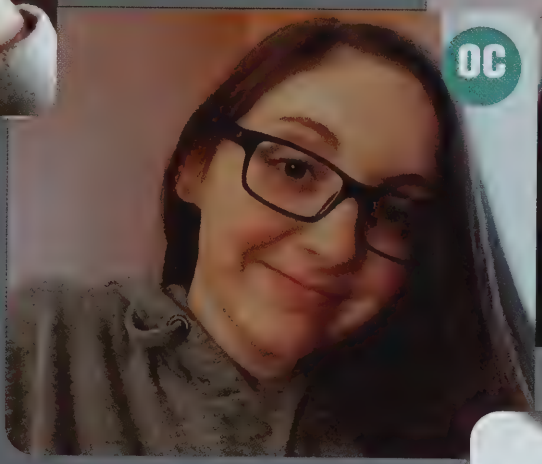



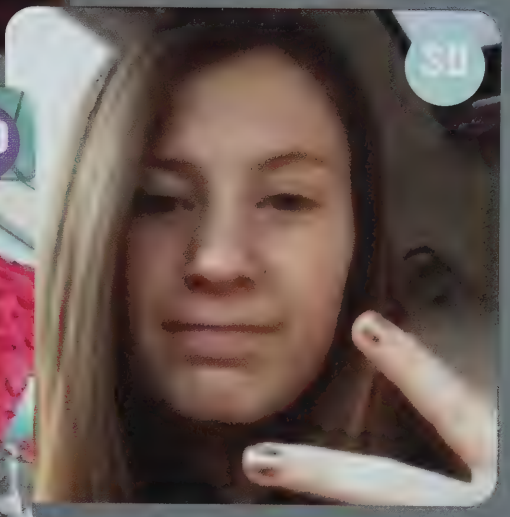





A big thank you to Stephen Anderson, Lianna Baatz, Wesley Breed, Sonja Ashe, Kris Joyal, and Chrissy Cournoyer for the use of their photos!







Sree

John

Matt

Darby

Olivia

Liam

Ava

MJ

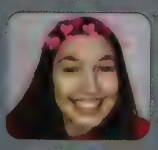
Brandon

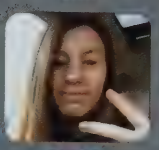
Aleza

Kendall

Noah

Caitlin


Hanna


Sophia

Becca

Emma

Mrs. Cal

2ENIORS

NCERS
ESS BOX DONATED BY PEOPLES BANK
LHS
LANCERS

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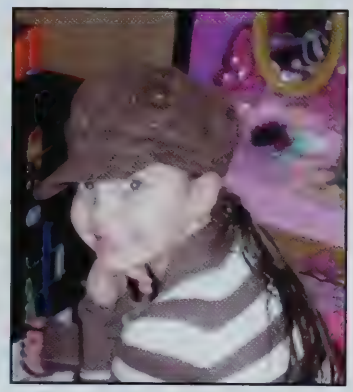
Congratulations to the D1 Boys Soccer Massachusetts State Champions!
Undefeated season –
Ranked #5 in the Nation!
Teamwork at its finest! Special thanks to our seniors for a lifetime of memories!

# Congratulations, Kayla

Behind you,
all your memories.
Before you,
all your dreams.
Around you,
all who love you.
Within you,
all you need.
We are so proud of
you, congratulations!
Love,
Mom, Dad and Joe



# Vanessa Dailey

We are all so proud of you Vanessa! You are the perfect mix of strong and sweet. We can't wait to see where life takes you! Congratulations!

# Lily & Alyssa

4th grade at Blueberry Hill is the place they first met. In no time they became the fastest friends yet!

Inseparable, so funny and sweet...watching their friendship grow over the years was a treat!

Sleepovers, vacations and always lots to celebrate. No matter the occasion, Lily and Alyssa's "soul-sister" status made it great!

All grown up now, and heading out into the world of college life. Memories and laughter of two families joined forever...The Henshaws and The Wrights!

Lily and Alyssa, your paths will soon split, but carry these memories with you...they are the most precious gift!

# Emma Karamian

Congratulations
Emma!
Make all your
dreams come true.
We love you,
Mom and Dad

# Samuel Stone Barresi

Sam.
Always remember...
"Everyday
learn something new,
help someone,
and have fun."
Love
Your Family

# Madison & Quinn McGrath

From the first day of preschool to the last day of your senior year, it's been wonderful to watch you learn and grow. We can't wait to see what's next!

Love, Mom & Dad

# *Eva Sophie Sweeney*

Your kindness,
resilence and fearless
spirit impress us every
day. Congratulations!

Love,
Mom & Dad

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